

Category			First Name	Last Name	POINTS	Aquathlon					Duathlon					Triathlon				
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Female	16-19	1	Winona	Howe	400	1	0:34:56	100	100	200	1	1:00:31	100	100	200	1	1:24:39	100	100	200
Female	16-19	2	Debbie	Ho	389	2	0:36:14	96	99	195	2	1:04:31	94	99	193	3	1:28:24	96	98	194
Female	16-19	3	Sara	Ng	371	3	0:41:11	85	98	183	4	1:07:13	90	97	187	4	1:36:52	87	97	184
Female	16-19	4	Karin	Biese	349	6	0:45:56	76	95	171						5	1:43:08	82	96	178
Female	16-19	5	Caitlin	Muller	339	7	0:47:49	73	94	167						6	1:50:12	77	95	172
Female	16-19	5	Lauren Nicole	Smith	197											2	1:26:26	98	99	197
Female	16-19	6	Jessica Angelique	Gabrielli	191						3	1:05:15	93	98	191					
Female	16-19	7	Samantha Qian Wei	Ho	184						5	1:08:57	88	96	184					
Female	16-19	8	Nicole	Ng	180	4	0:42:00	83	97	180										
Female	16-19	9	Yiew Huiling Cynthia	Yiew	178	5	0:42:31	82	96	178										
Female	16-19	10	Cheng Chia	Hsiang	173						6	1:17:06	78	95	173					
Female	16-19	11	Cheryl	Tan	162											7	2:05:13	68	94	162
Female	16-19	12	Kai Hui	Lau	161	8	0:51:01	68	93	161	8	1:40:29	60	93	153					
Female	16-19	13	Jenevieve	Woon	159						7	1:33:08	65	94	159					
Female	16-19	14	Bavani	Palanivellu	150	9	0:59:43	58	92	150										

Category			First Name	Last Name	POINTS	Aquathlon					Duathlon					Triathlon				
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Female	20-29	1	Yolanda	Mace	400	1	0:40:21	100	100	200	1	1:02:13	100	100	200	1	1:31:30	100	100	200
Female	20-29	2	Alice	Mckay	392						2	1:04:17	97	99	196	2	1:33:53	97	99	196
Female	20-29	3	Hwee Li	Tay	383	4	0:42:35	95	97	192						4	1:37:32	94	97	191
Female	20-29	4	Fabiana	Pizzali	372	5	0:43:51	92	96	188	3	1:08:44	91	98	189	7	1:42:15	89	94	183
Female	20-29	5	Andreana	Ng	369	8	0:44:50	90	93	183	5	1:10:45	88	96	184	6	1:41:10	90	95	185
Female	20-29	6	Tammi	Lim	362	9	0:45:50	88	92	180						8	1:42:26	89	93	182
Female	20-29	7	Hannah Keren	Griffiths	355	7	0:44:49	90	94	184	7	1:15:26	82	94	176	14	1:49:06	84	87	171
Female	20-29	8	Eliane	Luthi Poirier	351	13	0:47:59	84	88	172	16	1:22:53	75	85	160	9	1:45:02	87	92	179
Female	20-29	9	Sarah May	Woodgate	351	10	0:46:17	87	91	178	9	1:18:15	80	92	172	13	1:48:01	85	88	173
Female	20-29	10	Meifang	Lin	348	12	0:47:13	85	89	174	11	1:18:37	79	90	169	12	1:47:32	85	89	174
Female	20-29	11	Jennifer	Bennett	346						4	1:10:04	89	97	186	21	1:54:16	80	80	160
Female	20-29	12	Pey Ling	Chan	339	18	0:51:24	79	83	162	10	1:18:17	79	91	170	15	1:49:58	83	86	169
Female	20-29	13	Rachel	Tonge	332	15	0:48:32	83	86	169						18	1:53:41	80	83	163
Female	20-29	14	Pooi Yee Alicia	Ng	331	16	0:48:59	82	85	167	8	1:16:53	81	93	174	23	1:55:18	79	78	157
Female	20-29	15	Nadeema	Ajihil	309						20	1:33:37	66	81	147	19	1:54:02	80	82	162
Female	20-29	16	Jie Ying	Ann	299	21	0:53:36	75	80	155	26	1:38:28	63	75	138	30	2:05:48	73	71	144
Female	20-29	17	Jingyi	Lim	298	20	0:53:04	76	81	157	24	1:37:45	64	77	141	32	2:06:42	72	69	141
Female	20-29	18	Dilmini	Kalambaarachchi	296	26	0:56:04	72	75	147	19	1:32:40	67	82	149	28	2:04:12	74	73	147
Female	20-29	19	Wei Kee	Teo	285	25	0:55:56	72	76	148	28	1:44:01	60	73	133	33	2:13:25	69	68	137
Female	20-29	20	Wong Ker Jin	Wong	281	24	0:55:50	72	77	149						35	2:17:49	66	66	132
Female	20-29	21	Monica	Chong	274	31	1:05:10	62	70	132						31	2:06:15	72	70	142
Female	20-29	22	Lauren	Johan	195	2	0:42:05	96	99	195										
Female	20-29	23	Johanna	Leube	194											3	1:35:34	96	98	194
Female	20-29	24	Jiayi	Liaw	193	3	0:42:31	95	98	193										
Female	20-29	25	Suzanna Jane	Dalton	189											5	1:38:14	93	96	189
Female	20-29	26	Zhiling, Sharon	Koh	187	6	0:43:59	92	95	187										
Female	20-29	27	Leonie Isabel Kathar	Ralf	182						6	1:11:28	87	95	182					
Female	20-29	28	Hui Sin	Teo	178											10	1:45:38	87	91	178
Female	20-29	29	Irene	Chua	177	11	0:46:34	87	90	177										
Female	20-29	30	Muriel	Jouin	176											11	1:46:13	86	90	176
Female	20-29	31	Joanne	Walker	171	14	0:48:16	84	87	171										
Female	20-29	32	Jiarui Natalie	Ng	166											16	1:52:55	81	85	166
Female	20-29	33	Xiat Lin Francesca	Chia	166						12	1:20:59	77	89	166					
Female	20-29	34	Maya	Bhat	165											17	1:53:35	81	84	165
Female	20-29	35	Elisabeth	Hammerberg	165	17	0:49:34	81	84	165										
Female	20-29	36	Felicia	Lam	164						13	1:21:43	76	88	164					
Female	20-29	37	Yingyow	Tan	163						14	1:22:00	76	87	163					
Female	20-29	38	Katherine	Farrell	162						15	1:22:19	76	86	162					
Female	20-29	39	Irah	Haryanto	161											20	1:54:15	80	81	161
Female	20-29	40	Hua Yee	Ang	160	19	0:51:36	78	82	160										
Female	20-29	41	Grace	Ho	159											22	1:54:33	80	79	159
Female	20-29	42	Shing Hui	Lim	158						17	1:24:30	74	84	158					
Female	20-29	43	Anna-Cathrine	Hakala	154											24	1:58:54	77	77	154
Female	20-29	44	Laura	Rehberger	154	22	0:54:09	75	79	154										
Female	20-29	45	Kate Rebecca	Siney	152											25	2:00:29	76	76	152
Female	20-29	46	Ee Wey	Lim	152	23	0:54:33	74	78	152										
Female	20-29	47	Ee Min	Tan	151	27	0:56:38	71	74	145	18	1:31:17	68	83	151					

Category			First Name	Last Name	POINTS	Aquathlon				Duathlon					Triathlon				
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank
Female	20-29	48	Zahirah	Shaik Khan	149										26	2:03:04	74	75	149
Female	20-29	49	Samantha	Yeo	148										27	2:03:35	74	74	148
Female	20-29	50	Janlex	Tan	146					21	1:33:38	66	80	146					
Female	20-29	51	Hui Yi	Tang	145										29	2:05:23	73	72	145
Female	20-29	52	Siew Ling	Lay	145					22	1:34:25	66	79	145					
Female	20-29	53	Lizda Riyana	Abdul Rashid	143	28	0:57:38	70	73	143									
Female	20-29	54	Jingjing	Xin	142					23	1:37:13	64	78	142					
Female	20-29	55	Chen	Sands	140	29	0:59:36	68	72	140									
Female	20-29	56	Haslinda Bte Hassan	Na	139					25	1:37:59	63	76	139					
Female	20-29	57	Kimberly	Lee	137	30	1:00:47	66	71	137									
Female	20-29	58	Lijuan	Zhao	137					27	1:39:06	63	74	137					
Female	20-29	59	Ruiqi Daphne	Gan	134										34	2:16:26	67	67	134
Female	20-29	60	Samantha Xiuqing	Liu	126										36	2:29:00	61	65	126

Category			First Name	Last Name	POINTS	Aquathlon				Duathlon				Triathlon						
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Female	30-39	1	Janine	Denning	400					1	1:00:01	100	100	200	1	1:23:14	100	100	200	
Female	30-39	2	Trudy	Fawcett	397	1	0:33:22	100	100	200					3	1:24:09	99	98	197	
Female	30-39	3	Nicole	Gallagher	395	3	0:37:01	90	98	188	2	1:01:01	98	99	197	2	1:23:49	99	99	198
Female	30-39	4	Sharyn	Porter	384	5	0:39:11	85	96	181	3	1:01:42	97	98	195	6	1:28:19	94	95	189
Female	30-39	5	Serena	Goh	381	4	0:39:01	86	97	183	6	1:03:51	94	95	189	4	1:27:38	95	97	192
Female	30-39	6	Winnifred	Selukov	378	6	0:40:25	83	95	178	7	1:04:26	93	94	187	5	1:27:43	95	96	191
Female	30-39	7	Rachel	Wright	369	12	0:42:11	79	89	168	9	1:06:47	90	92	182	7	1:29:14	93	94	187
Female	30-39	8	Megan	Gray	347	9	0:41:52	80	92	172	18	1:11:47	84	83	167	14	1:34:57	88	87	175
Female	30-39	9	Robyn	Press	342	10	0:42:09	79	91	170					16	1:36:06	87	85	172	
Female	30-39	10	Joanna	Morris	338	21	0:44:41	75	80	155	19	1:11:59	83	82	165	15	1:35:48	87	86	173
Female	30-39	11	Nicole	White	335	19	0:44:28	75	82	157					12	1:33:57	89	89	178	
Female	30-39	12	Sara	Wallin	335	15	0:43:03	78	86	164	16	1:11:11	84	85	169	19	1:39:38	84	82	166
Female	30-39	13	Hollie Ann	Nethercleft	335	8	0:41:15	81	93	174	17	1:11:32	84	84	168	22	1:41:52	82	79	161
Female	30-39	14	Jane	Loo	316	16	0:43:19	77	85	162					26	1:45:03	79	75	154	
Female	30-39	15	Sanne	Lund	310	30	0:47:20	70	71	141					17	1:37:36	85	84	169	
Female	30-39	16	Kate	Gray	306	33	0:47:53	70	68	138					18	1:37:52	85	83	168	
Female	30-39	17	Marisa	Hall	295	48	0:52:34	63	53	116	30	1:21:24	74	71	145	28	1:47:35	77	73	150
Female	30-39	18	Lisa	Obrien	293	38	0:48:53	68	63	131					21	1:41:42	82	80	162	
Female	30-39	19	Carolina	Antonini	293	34	0:48:01	69	67	136	28	1:21:12	74	73	147	31	1:49:21	76	70	146
Female	30-39	20	Arlene	Rosborough	284	55	0:54:39	61	46	107	36	1:25:10	70	65	135	29	1:47:51	77	72	149
Female	30-39	21	Foong Har	Moo	277	64	0:58:44	57	37	94	34	1:23:46	72	67	139	37	1:52:47	74	64	138
Female	30-39	22	Kelly Kathleen	Fitzgerald	274	36	0:48:32	69	65	134	42	1:30:28	66	59	125	35	1:52:01	74	66	140
Female	30-39	23	Kerensa	Cracknell	272	39	0:49:37	67	62	129					33	1:51:31	75	68	143	
Female	30-39	24	Irene Magdalena	Alisjahbana	271	51	0:54:18	61	50	111	32	1:22:04	73	69	142	44	1:56:07	72	57	129
Female	30-39	25	Sherri	Williamson	265	47	0:52:14	64	54	118					30	1:49:03	76	71	147	
Female	30-39	26	Jenina	Conradie	259	53	0:54:23	61	48	109	44	1:32:32	65	57	122	38	1:52:55	74	63	137
Female	30-39	27	Myia	Ross	254	49	0:53:18	63	52	115					36	1:52:20	74	65	139	
Female	30-39	28	Emi	Waddington	253	46	0:52:12	64	55	119					40	1:54:02	73	61	134	
Female	30-39	29	Melissa	Luffman	249						48	1:35:54	63	53	116	41	1:54:38	73	60	133
Female	30-39	30	Wee Seng	Long	247	66	1:06:07	50	35	85	41	1:30:13	67	60	127	49	2:01:57	68	52	120
Female	30-39	31	Berna	Okten	246	42	0:50:58	65	59	124					48	2:01:03	69	53	122	
Female	30-39	32	Rebecca	Hemphill	197	2	0:34:10	98	99	197										
Female	30-39	33	Stephanie	Condon	193						4	1:02:18	96	97	193					
Female	30-39	34	Megan	Kinder	191						5	1:03:04	95	96	191					
Female	30-39	35	Kelly Reed	Ingham	186										8	1:29:24	93	93	186	
Female	30-39	36	Jessica	Roed	184										9	1:30:05	92	92	184	
Female	30-39	37	Teresa Marie	Soh	184	7	0:40:57	81	94	175	8	1:05:42	91	93	184					
Female	30-39	38	Yoshie	Tanaka	183	60	0:55:20	60	41	101					83	1:54:52	64	18	82	
Female	30-39	39	Laura	Ryan	181										10	1:32:48	90	91	181	
Female	30-39	40	Sarah	Clark	181						10	1:06:58	90	91	181					
Female	30-39	41	Ali	Fowler	179										11	1:33:07	89	90	179	
Female	30-39	42	Lisa	Kilday	178	14	0:42:54	78	87	165	11	1:08:29	88	90	178					
Female	30-39	43	Miranda	Heck	177						12	1:08:33	88	89	177					
Female	30-39	44	Ami	Angell	176										13	1:34:44	88	88	176	
Female	30-39	45	Kit	Moller	175						13	1:09:06	87	88	175					
Female	30-39	46	Rebecca	Dickson	174	17	0:44:06	76	84	160	14	1:09:10	87	87	174					
Female	30-39	47	Nicole	Roe	171						15	1:10:38	85	86	171					

Category			First Name	Last Name	POINTS	Aquathlon					Duathlon					Triathlon				
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Female	30-39	48	Angela	Ryan	169	11	0:42:10	79	90	169										
Female	30-39	49	Archant	Catherine	167	13	0:42:18	79	88	167										
Female	30-39	50	Naomi	Husain	164										20	1:40:47	83	81	164	
Female	30-39	51	Pauline	Chong	164						20	1:12:00	83	81	164					
Female	30-39	52	Seow Huey	Yeo	163						21	1:12:24	83	80	163					
Female	30-39	53	Desiree	Koh	162						22	1:12:26	83	79	162					
Female	30-39	54	Bee Eng	Yong	160						23	1:13:07	82	78	160					
Female	30-39	55	Angela Ruth	Locke	159										23	1:42:12	81	78	159	
Female	30-39	56	Amabel Joy	Francisco	159	18	0:44:10	76	83	159										
Female	30-39	57	Joanna	Swan	158										24	1:42:55	81	77	158	
Female	30-39	58	Kamun	Cheong	157						24	1:15:17	80	77	157					
Female	30-39	59	Anne-Marie	Balfe	156										25	1:44:29	80	76	156	
Female	30-39	60	Audrey	Wurtz	156	20	0:44:37	75	81	156										
Female	30-39	61	Norlinda	Zainuddin	155						25	1:15:46	79	76	155					
Female	30-39	62	Chiew Guat	Tay	153	28	0:47:08	71	73	144	26	1:16:39	78	75	153					
Female	30-39	63	Kerry Jane	Brown	153	22	0:45:21	74	79	153										
Female	30-39	64	Annabel	Siow	152										27	1:47:00	78	74	152	
Female	30-39	65	Tracey	Pickford	150	23	0:46:22	72	78	150										
Female	30-39	66	Jiew Wan	Tan	149	50	0:53:27	62	51	113	27	1:20:18	75	74	149					
Female	30-39	67	Rebecca Dawn	Bertrand	149	24	0:46:34	72	77	149										
Female	30-39	68	Allison	Singer	148	25	0:46:36	72	76	148										
Female	30-39	69	Masami	Fukushima	146						29	1:21:12	74	72	146					
Female	30-39	70	Sips	Magali	146	26	0:46:41	71	75	146										
Female	30-39	71	Natalie Kim	Yap	145	27	0:46:46	71	74	145										
Female	30-39	72	Giorgia	Pastorin	144										32	1:50:31	75	69	144	
Female	30-39	73	Rachel	Webb	144						31	1:21:34	74	70	144					
Female	30-39	74	Reehana	Shihab	143	29	0:47:11	71	72	143										
Female	30-39	75	Siu Lin Sharen	Png	141										34	1:51:53	74	67	141	
Female	30-39	76	Gretchen	Clow	140	31	0:47:28	70	70	140										
Female	30-39	77	Williams	Lisa	140						33	1:23:17	72	68	140					
Female	30-39	78	Deirdre	Sim	139	32	0:47:29	70	69	139										
Female	30-39	79	Claudia	Buettner	138	61	0:56:53	59	40	99	35	1:23:49	72	66	138					
Female	30-39	80	Rachel	Kennett	135										39	1:53:53	73	62	135	
Female	30-39	81	Rxx	Narmada	135	35	0:48:21	69	66	135										
Female	30-39	82	Guek Hiang Teresa	Tan	134						37	1:25:29	70	64	134					
Female	30-39	83	Bolderheij	Naomi	133	37	0:48:36	69	64	133	39	1:27:13	69	62	131					
Female	30-39	84	Shemaiah Ng Mein Yar	Ng	132						38	1:26:57	69	63	132					
Female	30-39	85	San San Cecilia	Neo	131										42	1:55:23	72	59	131	
Female	30-39	86	Michele Pat	Mueller	130										43	1:55:50	72	58	130	
Female	30-39	87	Chunhua	Ou	129	43	0:51:00	65	58	123	40	1:27:55	68	61	129					
Female	30-39	88	Rebecca	Gow	128	40	0:50:02	67	61	128										
Female	30-39	89	Nadine	Punch	127										45	1:56:26	71	56	127	
Female	30-39	90	Rosaleen	Martin	126										46	1:58:01	71	55	126	
Female	30-39	91	Selina	Abdul Aziz	126	41	0:50:23	66	60	126										
Female	30-39	92	Gwen	Lee Swee Ling	124										47	1:58:47	70	54	124	
Female	30-39	93	Michelle	Matias	124						43	1:31:12	66	58	124					
Female	30-39	94	Lucy Marie	Criddle	121	44	0:51:50	64	57	121										

Category			First Name	Last Name	POINTS	Aquathlon				Duathlon					Triathlon					
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Female	30-39	95	Charlotte	Freeman	120						45	1:33:21	64	56	120					
Female	30-39	96	Heather	Phillips	120	45	0:51:51	64	56	120										
Female	30-39	97	Natacha	Truche	119	63	0:57:56	58	38	96	46	1:34:08	64	55	119					
Female	30-39	98	Nicole	Dunlop	117											50	2:05:57	66	51	117
Female	30-39	99	Yan Ting	Yeo	117						47	1:35:00	63	54	117					
Female	30-39	100	Ling	See Toh	116											51	2:06:02	66	50	116
Female	30-39	101	Ruth Sasha	Sambasivan	115											52	2:06:19	66	49	115
Female	30-39	102	Han Qi	Chen	114						49	1:36:16	62	52	114					
Female	30-39	103	Hwee Xuan	Lam	113						50	1:36:29	62	51	113					
Female	30-39	104	Carmen Sofia	Barrios Perez	110	62	0:57:45	58	39	97	51	1:39:13	60	50	110					
Female	30-39	105	Lay Kuan Mary	Ngo	110	52	0:54:19	61	49	110										
Female	30-39	106	Adelin	Lim	108	54	0:54:27	61	47	108										
Female	30-39	107	Yee Chern	Lam	107	65	1:02:27	53	36	89	52	1:43:21	58	49	107					
Female	30-39	108	Lisa	Guit	106	56	0:54:42	61	45	106										
Female	30-39	109	Mei Lan Christina	Chee	105	57	0:54:45	61	44	105										
Female	30-39	110	Khaini Fadhila	Mohamed	104						53	1:46:48	56	48	104					
Female	30-39	111	Kylie	Neary	104	58	0:54:48	61	43	104										
Female	30-39	112	Tina	Ta	103											53	2:32:23	55	48	103
Female	30-39	113	Fiona	Lilford	103	59	0:55:07	61	42	103										
Female	30-39	114	Jean Lye Yee	Khong	102						54	1:48:23	55	47	102					
Female	30-39	115	Dhalia	Maccallum	98						55	1:54:36	52	46	98					
Female	30-39	116	Aye Lian	Quah	78	67	1:16:38	44	34	78										

Category			First Name	Last Name	POINTS	Aquathlon					Duathlon					Triathlon				
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Female	40-49	1	Harriette	Purchas	395	9	0:40:32	86	92	178	2	0:59:39	100	99	199	3	1:26:58	98	98	196
Female	40-49	2	Sheena	Ashford-Tait	391	3	0:36:30	96	98	194	4	1:03:20	94	97	191	2	1:26:32	98	99	197
Female	40-49	3	Kim	Douglas	389	4	0:37:53	92	97	189						1	1:25:02	100	100	200
Female	40-49	4	Jenelle	Cosgrove	389	6	0:39:51	88	95	183	3	1:00:54	98	98	196	5	1:27:39	97	96	193
Female	40-49	5	Antonia	Kidman	386	2	0:35:05	100	99	199	8	1:07:37	88	93	181	8	1:30:44	94	93	187
Female	40-49	6	Suk Han	Chiu	382	1	0:34:55	100	100	200						10	1:33:39	91	91	182
Female	40-49	7	Ruth	Stubbs	373						6	1:06:45	89	95	184	7	1:29:47	95	94	189
Female	40-49	8	Enrica	Nicolini	372	17	0:43:31	80	84	164	5	1:05:27	91	96	187	9	1:31:34	93	92	185
Female	40-49	9	Kathryn	Zastera	347	14	0:42:47	82	87	169	19	1:20:08	74	82	156	12	1:35:14	89	89	178
Female	40-49	10	Elizabeth	Mcdougall	344	24	0:47:06	74	77	151	12	1:14:34	80	89	169	14	1:37:08	88	87	175
Female	40-49	11	Victoria	Allen	342	19	0:43:42	80	82	162						11	1:34:55	90	90	180
Female	40-49	12	Josephine	Teow	337	29	0:48:43	72	72	144	10	1:11:34	83	91	174	21	1:42:45	83	80	163
Female	40-49	13	Zaheera	Hashim	333	21	0:43:51	80	80	160	16	1:18:09	76	85	161	15	1:38:59	86	86	172
Female	40-49	14	Kim	Williams	332	20	0:43:51	80	81	161						16	1:39:23	86	85	171
Female	40-49	15	Lorena	Ferreira	330	10	0:41:06	85	91	176	15	1:17:44	76	86	162	26	1:47:58	79	75	154
Female	40-49	16	Oonagh	Clarke	327						14	1:14:40	80	87	167	23	1:43:48	82	78	160
Female	40-49	17	Maureen	Thomson	323	27	0:48:20	72	74	146	18	1:18:41	75	83	158	19	1:42:35	83	82	165
Female	40-49	18	Yukari	Takesawa	322	16	0:43:15	81	85	166	17	1:18:23	76	84	160	25	1:46:45	80	76	156
Female	40-49	19	Karen	Taylor	317	23	0:46:49	75	78	153						20	1:42:35	83	81	164
Female	40-49	20	Joanna	Lin	293						22	1:23:14	71	79	150	34	1:52:10	76	67	143
Female	40-49	21	Khalijah	Masud	291	30	0:50:23	69	71	140	24	1:24:16	70	77	147	33	1:52:08	76	68	144
Female	40-49	22	Debra	Hampton	284	28	0:48:38	72	73	145	25	1:24:22	70	76	146	37	1:55:13	74	64	138
Female	40-49	23	Celine Lo Sin Inn	Celine Lo Sin Inn	282						21	1:21:22	73	80	153	42	2:01:07	70	59	129
Female	40-49	24	Marianne	Doele	274	42	0:57:48	60	59	119	28	1:27:27	68	73	141	40	1:58:49	72	61	133
Female	40-49	25	Heenhiang	Hoh	272	38	0:55:38	63	63	126	29	1:30:08	66	72	138	39	1:58:04	72	62	134
Female	40-49	26	Salawaty	Buzari	271	41	0:56:34	62	60	122	37	1:50:17	54	64	118	30	1:49:29	78	71	149
Female	40-49	27	Jane	Oconnell	259	45	1:01:40	57	56	113	32	1:32:53	64	69	133	43	2:04:26	68	58	126
Female	40-49	28	Spring	Tan	258	39	0:56:05	62	62	124	27	1:25:09	70	74	144	46	2:24:53	59	55	114
Female	40-49	29	Rosarie Clare	Keane	251	47	1:09:28	50	54	104	34	1:35:16	62	67	129	44	2:10:23	65	57	122
Female	40-49	30	Wendy	Wilcox	200						1	0:59:24	100	100	200					
Female	40-49	31	Karen Kay	Rayle	194											4	1:27:16	97	97	194
Female	40-49	32	Anne	Rozenauers	190											6	1:29:46	95	95	190
Female	40-49	33	Tracy	Quin	186	5	0:39:00	90	96	186										
Female	40-49	34	Dudzik	Susanne	182	11	0:41:09	85	90	175	7	1:07:23	88	94	182					
Female	40-49	35	Natalie	Anderson	181	7	0:40:14	87	94	181										
Female	40-49	36	Judi	Clemie	180	8	0:40:19	87	93	180										
Female	40-49	37	Kim Eileen	Faure	180						9	1:07:45	88	92	180					
Female	40-49	38	Jacqueline	Carter	177											13	1:35:46	89	88	177
Female	40-49	39	Yee Tsann, Clarissa	Then	174	12	0:41:18	85	89	174										
Female	40-49	40	Kathryn	Heard	172	13	0:41:27	84	88	172										
Female	40-49	41	Sandra	Carlsson	171						11	1:12:54	81	90	171					
Female	40-49	42	Eila Mirjami	Thomas	168											17	1:41:43	84	84	168
Female	40-49	43	Poh Kuan	Toh	168						13	1:14:34	80	88	168					
Female	40-49	44	Lisa	Johnson	167											18	1:41:49	84	83	167
Female	40-49	45	Michelle	Sawyer	167	15	0:42:56	81	86	167										
Female	40-49	46	Elizabeth	Reynolds	163	18	0:43:34	80	83	163										
Female	40-49	47	Thong Yin	Sheng	161											22	1:43:05	82	79	161

Category			First Name	Last Name	POINTS	Aquathlon					Duathlon					Triathlon				
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Female	40-49	48	Mary Lynn	Bachman	158	22	0:44:01	79	79	158										
Female	40-49	49	Tracy	Ivinson	157										24	1:46:25	80	77	157	
Female	40-49	50	Andrew	Mead	155						20	1:20:41	74	81	155					
Female	40-49	51	Lian	Tan	153										27	1:48:08	79	74	153	
Female	40-49	52	Nicola	Peterson	151										28	1:48:33	78	73	151	
Female	40-49	53	Jacquelynne	Tan	150										29	1:48:58	78	72	150	
Female	40-49	54	Angelina	Then	149	25	0:47:54	73	76	149										
Female	40-49	55	Katrina	O'Brien	149						23	1:23:39	71	78	149					
Female	40-49	56	Hui Hui	Tan	147										31	1:49:53	77	70	147	
Female	40-49	57	Elizabeth	Faber	147	26	0:48:10	72	75	147										
Female	40-49	58	Kaye Denise	Daly	146										32	1:50:36	77	69	146	
Female	40-49	59	Abigail	Smith	145						26	1:24:25	70	75	145					
Female	40-49	60	Concetta	Arnese	142										35	1:52:32	76	66	142	
Female	40-49	61	Yvette	Middelman	140										36	1:53:43	75	65	140	
Female	40-49	62	Selina Soon Yee	Foong	139	31	0:50:56	69	70	139										
Female	40-49	63	Valerie	Brett	137						30	1:30:28	66	71	137					
Female	40-49	64	Yiu Lien, Lorraine	Kwek	137	32	0:51:22	68	69	137										
Female	40-49	65	Damaris Daphne Ellis	Carlisle	136										38	1:56:14	73	63	136	
Female	40-49	66	Vanessa	Montgomerie	136						31	1:30:41	66	70	136					
Female	40-49	67	Agnes	Voon Yew Wern	135	33	0:51:52	67	68	135										
Female	40-49	68	Gillian	Lim	134	34	0:52:08	67	67	134										
Female	40-49	69	Marie Oi Mei	Tham	132	35	0:52:35	66	66	132										
Female	40-49	70	Joanna Hun Hsien	Tan	131										41	2:00:12	71	60	131	
Female	40-49	71	Tanneke	Zeeuw	131	44	0:58:28	60	57	117	33	1:34:07	63	68	131					
Female	40-49	72	Cecilia	Voon Yew Mei	130	36	0:53:19	65	65	130										
Female	40-49	73	Beverly Siew Yoon	Chin	129	37	0:53:50	65	64	129										
Female	40-49	74	Mary-Anne	Phillips	128						35	1:35:48	62	66	128					
Female	40-49	75	Lisa Jane Mills	Mills	125						36	1:39:37	60	65	125					
Female	40-49	76	Lynette	Ong	123	40	0:56:19	62	61	123										
Female	40-49	77	Mih Ni Milly	Tay	119										45	2:14:49	63	56	119	
Female	40-49	78	Delia	Kang Ting Ling	118	43	0:57:57	60	58	118										
Female	40-49	79	Kendall	Brothers	109	46	1:04:11	54	55	109										
Female	40-49	80	Mastura	Yaacob	99	48	1:16:19	46	53	99										

Category			First Name	Last Name	POINTS	Aquathlon				Duathlon				Triathlon						
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Female	50+	1	Pauline	Yong	400						1	1:08:38	100	100	200	1	1:32:47	100	100	200
Female	50+	2	Alison	Sharp	392	1	0:46:34	100	100	200	2	1:11:02	97	99	196	2	1:39:53	93	99	192
Female	50+	3	Audrey Christine	Gentry	375	2	0:51:01	91	99	190	3	1:13:30	93	98	191	5	1:45:18	88	96	184
Female	50+	4	Lai Wah Jenny	Chui	358	3	0:53:43	87	98	185	4	1:21:58	84	97	181	6	1:59:36	78	95	173
Female	50+	5	Heather	Lim	345	4	0:56:41	82	97	179	5	1:24:58	81	96	177	7	2:08:24	72	94	166
Female	50+	6	Elizabeth	Greenwood	188											3	1:42:46	90	98	188
Female	50+	7	Michele	Fillet	185											4	1:44:56	88	97	185

Category			First Name	Last Name	POINTS	Aquathlon					Duathlon					Triathlon				
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Male	16-19	1	Jun Da Benjamin	Khoo	399	4	0:33:19	90	97	187	2	0:54:21	100	99	199	1	1:15:22	100	100	200
Male	16-19	2	Jiayu	Tan	373	9	0:37:45	79	92	171	5	1:00:45	89	96	185	3	1:23:18	90	98	188
Male	16-19	3	Yi Shu	Ng	370	8	0:37:23	80	93	173	4	1:00:39	89	97	186	4	1:26:21	87	97	184
Male	16-19	4	Harry	Grosvenor	361						7	1:03:14	86	94	180	6	1:28:08	86	95	181
Male	16-19	5	Eugene Lim Yi Sheng	Lim	360	7	0:36:38	82	94	176	8	1:03:24	85	93	178	5	1:27:10	86	96	182
Male	16-19	6	Jonathan	Quin	358	6	0:34:48	86	95	181						7	1:30:56	83	94	177
Male	16-19	7	Koon Wei David	Goh	354	5	0:33:26	89	96	185	6	1:02:46	86	95	181	11	1:35:46	79	90	169
Male	16-19	8	Thomas Mark	De Silva	346	15	0:45:59	65	86	151	10	1:08:35	79	91	170	8	1:31:19	83	93	176
Male	16-19	9	Rodrigo	Zorrilla Gonzalez	338	10	0:37:55	79	91	170						12	1:35:46	79	89	168
Male	16-19	10	Yi Jun	Thung	331						11	1:10:18	77	90	167	13	1:39:02	76	88	164
Male	16-19	11	Keng Yeen Joel	Lee	315	14	0:44:53	67	87	154						15	1:40:01	75	86	161
Male	16-19	12	Charlie	Quin	200	1	0:29:53	100	100	200										
Male	16-19	13	Jan	Hejl	200	2	0:31:10	96	99	195	1	0:54:11	100	100	200					
Male	16-19	14	Kenneth	Kuan	191											2	1:22:19	92	99	191
Male	16-19	15	Aldrich Lim	Jing Hong	191	3	0:32:02	93	98	191										
Male	16-19	16	Jun Zhen Edwin	Teng	188						3	1:00:13	90	98	188					
Male	16-19	17	Jun Hao	Chiong	173											9	1:33:15	81	92	173
Male	16-19	18	Ming Fai, Gael	Woon	172	11	0:38:23	78	90	168	9	1:07:32	80	92	172					
Male	16-19	19	Matias Paul	Biese	171											10	1:33:53	80	91	171
Male	16-19	20	Yeo Yi Wen	Adrian	163						12	1:12:58	74	89	163					
Male	16-19	21	Kok Hua	Koh	162											14	1:40:00	75	87	162
Male	16-19	22	Darren	Sim	162						13	1:13:06	74	88	162					
Male	16-19	23	Rifat Hidayat	Ja'Afarino	160											16	1:40:39	75	85	160
Male	16-19	24	Tan Sheng Li James	Tan	157	12	0:43:58	68	89	157										
Male	16-19	25	Brian David	James	156											17	1:44:11	72	84	156
Male	16-19	26	Jonathan	Lee	156						14	1:18:25	69	87	156					
Male	16-19	27	Yew Fei	Wong	156	13	0:44:04	68	88	156										
Male	16-19	28	Kenley	Tan	154											18	1:45:32	71	83	154
Male	16-19	29	Raymond Ming Hui	Tan	148											19	1:54:11	66	82	148
Male	16-19	30	Navinraj	Navinraj	142						15	1:36:37	56	86	142					

Category			First Name	Last Name	POINTS	Aquathlon					Duathlon					Triathlon				
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Male	20-29	1	Liew Wei Yen Ashley	Liew	396	2	0:32:30	99	99	198	2	0:51:54	99	99	198	2	1:14:42	99	99	198
Male	20-29	2	Bastian	Dohling	395						1	0:51:32	100	100	200	3	1:16:18	97	98	195
Male	20-29	3	Derek	Li	393						4	0:53:28	96	97	193	1	1:13:42	100	100	200
Male	20-29	4	Ewin	Teo	386	3	0:32:57	97	98	195	5	0:53:58	95	96	191	4	1:18:00	94	97	191
Male	20-29	5	Brendan	Lee	373	7	0:35:41	90	94	184	6	0:54:02	95	95	190	7	1:22:27	89	94	183
Male	20-29	6	Benjamin	Lau	372	6	0:35:20	91	95	186	12	0:56:10	92	89	181	6	1:20:42	91	95	186
Male	20-29	7	Lim Cheng Gui	Lim	369	10	0:36:16	88	91	179	7	0:54:44	94	94	188	9	1:22:55	89	92	181
Male	20-29	8	Norman	Koh	365	11	0:36:26	88	90	178	10	0:55:46	92	91	183	8	1:22:53	89	93	182
Male	20-29	9	Ryan	Tonge	350	5	0:35:10	91	96	187						21	1:28:53	83	80	163
Male	20-29	10	Alexander	Dadak	346	27	0:39:01	82	74	156	17	0:57:20	90	84	174	14	1:26:16	85	87	172
Male	20-29	11	Yeoh Keong Yeow	Yeoh	342	28	0:39:08	82	73	155	22	0:59:27	87	79	166	11	1:25:28	86	90	176
Male	20-29	12	Daniel	Grillo	339	13	0:36:42	87	88	175	11	0:56:06	92	90	182	25	1:30:45	81	76	157
Male	20-29	13	Donald	Piret	336	24	0:38:36	83	77	160	20	0:58:55	87	81	168	17	1:27:19	84	84	168
Male	20-29	14	Jeremy Wei Ming	Yeap	335	37	0:41:06	78	64	142	23	0:59:48	86	78	164	15	1:26:32	85	86	171
Male	20-29	15	Yanming	Huang	333	26	0:38:42	83	75	158						12	1:25:51	86	89	175
Male	20-29	16	Bi'ao Brandon	Tung	331	31	0:39:45	81	70	151	25	1:00:16	86	76	162	16	1:27:15	84	85	169
Male	20-29	17	Matthew	Law	329	17	0:37:48	85	84	169						23	1:30:11	82	78	160
Male	20-29	18	Daryl	Ang	322	18	0:37:53	85	83	168	34	1:03:53	81	67	148	27	1:31:59	80	74	154
Male	20-29	19	Heiko	Aydt	317	20	0:38:01	84	81	165						29	1:32:16	80	72	152
Male	20-29	20	Calvin	Ong	317	19	0:37:57	84	82	166						30	1:32:33	80	71	151
Male	20-29	21	Hong Taa	Tan	306						27	1:01:22	84	74	158	32	1:33:19	79	69	148
Male	20-29	22	Muhammad Hafiz	Jumahat	298						29	1:01:58	83	72	155	35	1:35:46	77	66	143
Male	20-29	23	Lim Ee Loong	Lim	287	40	0:42:04	76	61	137	39	1:05:11	79	62	141	33	1:34:47	78	68	146
Male	20-29	24	Beale	Liu	284	55	0:44:27	72	46	118	63	1:15:38	68	38	106	18	1:28:18	83	83	166
Male	20-29	25	Su Aik, Jonathan	Lim	281	46	0:43:20	74	55	129	40	1:06:14	78	61	139	36	1:36:16	77	65	142
Male	20-29	26	Silvester Dan Sibal	Samonte	271	44	0:42:52	75	57	132	43	1:07:11	77	58	135	41	1:37:20	76	60	136
Male	20-29	27	Muhammad Nabil	Bin Samhudi	270	63	0:45:48	70	38	108	44	1:07:56	76	57	133	40	1:37:18	76	61	137
Male	20-29	28	Yang Sheng	Chan	267	42	0:42:21	76	59	135	62	1:15:04	69	39	108	44	1:37:50	75	57	132
Male	20-29	29	Wei Liang Justin	Lee	252	50	0:44:00	73	51	124	53	1:12:29	71	48	119	47	1:39:39	74	54	128
Male	20-29	30	David	Trench	248	58	0:44:46	72	43	115						43	1:37:37	75	58	133
Male	20-29	31	Cedric	Si Poh Nguan	247	56	0:44:29	72	45	117						46	1:38:28	75	55	130
Male	20-29	32	Wei-Yang	Loh	244	43	0:42:43	75	58	133						60	1:44:57	70	41	111
Male	20-29	33	Liyang	Sim	237	69	0:46:49	68	32	100	58	1:13:10	70	43	113	50	1:41:21	73	51	124
Male	20-29	34	Yaosheng	Huang	236						56	1:12:45	71	45	116	53	1:42:53	72	48	120
Male	20-29	35	Kia Song	Huan	229	81	0:51:11	63	20	83	50	1:11:37	72	51	123	64	1:47:16	69	37	106
Male	20-29	36	Jason	Lin	228						52	1:12:20	71	49	120	62	1:46:04	69	39	108
Male	20-29	37	Hong Sen Alvin	Low	220						54	1:12:39	71	47	118	67	1:47:52	68	34	102
Male	20-29	38	Adrian	Lim	211	78	0:48:24	66	23	89	67	1:16:50	67	34	101	61	1:45:59	70	40	110
Male	20-29	39	Jacky	Lo	210						51	1:12:15	71	50	121	77	1:53:01	65	24	89
Male	20-29	40	Tan Yang Cai Terence	Tan	210						49	1:11:25	72	52	124	80	1:54:10	65	21	86
Male	20-29	41	Hannes Frieder	Ruoff	200	1	0:32:04	100	100	200	13	0:56:26	91	88	179					
Male	20-29	42	Dex	Cheong	196						3	0:52:23	98	98	196					
Male	20-29	43	Darryl	Tan	194	88	0:53:41	60	13	73	68	1:16:50	67	33	100	73	1:51:35	66	28	94
Male	20-29	44	Andy	Lordianto	193	4	0:33:29	96	97	193										
Male	20-29	45	Po Yew	Teng	191	76	0:48:13	67	25	92						69	1:49:21	67	32	99
Male	20-29	46	Eduard	Moix Gomez	189											5	1:19:32	93	96	189
Male	20-29	47	Salihin	Bin Sinai	186						72	1:20:34	64	29	93	74	1:51:46	66	27	93

Category			First Name	Last Name	POINTS	Aquathlon				Duathlon					Triathlon					
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Male	20-29	48	Haamat	Hassan	186					8	0:55:07	93	93	186						
Male	20-29	49	Wong Ken Mun	Wong	185					9	0:55:41	93	92	185						
Male	20-29	50	Sean	Wong	182	8	0:35:52	89	93	182										
Male	20-29	51	Shaun	Ong	181	9	0:35:54	89	92	181										
Male	20-29	52	Zhongyi Joshua	Li	178										10	1:25:05	87	91	178	
Male	20-29	53	Mark	Cheong	178					14	0:56:48	91	87	178						
Male	20-29	54	Daniel	Shroyer	177	12	0:36:37	88	89	177										
Male	20-29	55	Thomas	Lee	177					15	0:56:51	91	86	177						
Male	20-29	56	Gerald	Manceau	176					16	0:56:53	91	85	176						
Male	20-29	57	Stuart	Sandiford	174										13	1:26:02	86	88	174	
Male	20-29	58	Jeffrey	Ranta	173	14	0:37:16	86	87	173										
Male	20-29	59	Ryan	Tan	172	15	0:37:17	86	86	172	19	0:58:42	88	82	170					
Male	20-29	60	Wei Siang, Regan	Sim	171	87	0:53:11	60	14	74					71	1:49:41	67	30	97	
Male	20-29	61	Scott	Larsen	171	16	0:37:21	86	85	171										
Male	20-29	62	Tingfu	Goh	171					18	0:58:22	88	83	171						
Male	20-29	63	Yiping	Jin	170	74	0:48:06	67	27	94	79	1:37:10	53	22	75	87	1:59:29	62	14	76
Male	20-29	64	Zavier Ong Xin Yu	Ong	167	30	0:39:31	81	71	152	21	0:59:10	87	80	167					
Male	20-29	65	Junhan	Lin	165										19	1:28:35	83	82	165	
Male	20-29	66	Lee	Rivera	165	92	0:55:15	58	9	67					70	1:49:35	67	31	98	
Male	20-29	67	Kenneth	Gan	164										20	1:28:41	83	81	164	
Male	20-29	68	Julian You Jie	Wong	164	77	0:48:17	66	24	90					88	2:01:33	61	13	74	
Male	20-29	69	Ian	Vanderput	164	21	0:38:03	84	80	164										
Male	20-29	70	Gary	Chen	163	97	1:02:52	51	4	55	78	1:32:11	56	23	79	81	1:54:51	64	20	84
Male	20-29	71	Yow Wei, Alvin	Tan	163	82	0:52:02	62	19	81	80	1:41:43	51	21	72	83	1:54:52	64	18	82
Male	20-29	72	Leonard	Ong	163	22	0:38:09	84	79	163										
Male	20-29	73	Newman	Loh	163	29	0:39:22	81	72	153	24	1:00:01	86	77	163					
Male	20-29	74	Kartik	Parmar	162						77	1:29:32	58	24	82	84	1:57:53	63	17	80
Male	20-29	75	Ian	Hall	162	23	0:38:09	84	78	162										
Male	20-29	76	Kok Keng	Koh	161										22	1:29:29	82	79	161	
Male	20-29	77	Roy	Xu	159						26	1:01:04	84	75	159					
Male	20-29	78	Theodore	Lin	159	25	0:38:40	83	76	159										
Male	20-29	79	See Yong	Lim	158										24	1:30:31	81	77	158	
Male	20-29	80	Mohammad Nasruddin	Bin Suandy	156										26	1:31:01	81	75	156	
Male	20-29	81	Ganesh S/O Sivaraj	Sivaraj	156	80	0:49:35	65	21	86	28	1:01:56	83	73	156					
Male	20-29	82	Thomas	Archer	154	48	0:43:23	74	53	127	30	1:02:02	83	71	154					
Male	20-29	83	Kelvin	Ng	153										28	1:32:12	80	73	153	
Male	20-29	84	Nicholas	Lange	153	59	0:45:12	71	42	113	31	1:02:10	83	70	153					
Male	20-29	85	Chuan-Yao	Ling	151						32	1:02:33	82	69	151					
Male	20-29	86	Zonghan	Chua	150	32	0:39:48	81	69	150										
Male	20-29	87	Zhenwei Kelvin	See	149										31	1:32:55	79	70	149	
Male	20-29	88	Wei Lie	Li	149						33	1:03:29	81	68	149					
Male	20-29	89	Zhe	Fu	148	93	0:55:51	57	8	65					82	1:54:51	64	19	83	
Male	20-29	90	Joe Fong Keng Wah	Joe	148	33	0:39:59	80	68	148										
Male	20-29	91	Dennis	Ang	147	86	0:53:01	60	15	75					89	2:01:53	60	12	72	
Male	20-29	92	Ching Hao	Lim	147						35	1:03:58	81	66	147					
Male	20-29	93	Tan Louis Stevenson	Tan	147	34	0:40:19	80	67	147										
Male	20-29	94	Wei Sheng Edward	Wee	145										34	1:35:02	78	67	145	

Category			First Name	Last Name	POINTS	Aquathlon					Duathlon					Triathlon						
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total		
Male	20-29	95	John Yik Ann	Tan	145						36	1:04:37	80	65	145							
Male	20-29	96	Loong Wye	Kwan	145	35	0:40:37	79	66	145												
Male	20-29	97	Kai Wen Shawn	Tan	144						37	1:04:48	80	64	144							
Male	20-29	98	Wai Loon	Leong	143	36	0:41:05	78	65	143	48	1:10:12	73	53	126							
Male	20-29	99	Colin	Dunlop	142						38	1:05:07	79	63	142							
Male	20-29	100	Sixuan	Chiam	141	38	0:41:08	78	63	141												
Male	20-29	101	Andrew	Cheah	140											37	1:36:57	76	64	140		
Male	20-29	102	Ko	Kelvin	140	39	0:41:13	78	62	140												
Male	20-29	103	Nicholas Liu Kaisheng	Liu	139											38	1:36:59	76	63	139		
Male	20-29	104	Joel Adam	Renkema	138											39	1:37:01	76	62	138		
Male	20-29	105	Hong Yi	Toh	138						41	1:06:18	78	60	138							
Male	20-29	106	Karsten	Cramer	136	41	0:42:20	76	60	136												
Male	20-29	107	Syed Muhammad	Haffizullah	136						42	1:07:00	77	59	136							
Male	20-29	108	Wei Yong Benjamin	Yeo	135											42	1:37:20	76	59	135		
Male	20-29	109	Mark	Godson	131											45	1:38:11	75	56	131		
Male	20-29	110	Timothy	Hwang	131						45	1:08:23	75	56	131							
Male	20-29	111	Timothy	Olsen	130	45	0:43:09	74	56	130												
Male	20-29	112	Thomas	Hine	129						46	1:09:22	74	55	129							
Male	20-29	113	Jourdan Roy	Rosell	128	47	0:43:21	74	54	128												
Male	20-29	114	Lionel	Dorai	128						47	1:10:02	74	54	128							
Male	20-29	115	Nigel Jevan	Mathiaz	126											48	1:40:31	73	53	126		
Male	20-29	116	Kenny	Low Ka Hao	126	49	0:43:32	74	52	126												
Male	20-29	117	Tong Wei Li Willie	Tong	125											49	1:41:00	73	52	125		
Male	20-29	118	Marc	Gurman	123	51	0:44:02	73	50	123												
Male	20-29	119	Kin Kei	Phoon	122											51	1:42:24	72	50	122		
Male	20-29	120	Vikram	Balasubramanian	122	52	0:44:05	73	49	122												
Male	20-29	121	Han Jie	Koh	121											52	1:42:41	72	49	121		
Male	20-29	122	Zhi Quan	Chang	121	53	0:44:13	73	48	121												
Male	20-29	123	Liangjun Jareth	Cheng	119											54	1:43:02	72	47	119		
Male	20-29	124	Jared	Wong	119	54	0:44:17	72	47	119												
Male	20-29	125	Sin Kit	Lim	117											55	1:43:28	71	46	117		
Male	20-29	126	Wen Wei Elvin	Teo	117	71	0:47:32	67	30	97	55	1:12:45	71	46	117							
Male	20-29	127	Kelly	Tan	116											56	1:43:54	71	45	116		
Male	20-29	128	Bharadwaj	Krishnan	116	57	0:44:31	72	44	116												
Male	20-29	129	Mark	Foo	115											57	1:44:19	71	44	115		
Male	20-29	130	Rajpal	Singh	115	70	0:47:31	67	31	98	57	1:12:45	71	44	115							
Male	20-29	131	Chris	Wilkins	114											58	1:44:25	71	43	114		
Male	20-29	132	Tongle	Leow	112											59	1:44:53	70	42	112		
Male	20-29	133	Lee Keng Song	Lee	112						59	1:13:44	70	42	112							
Male	20-29	134	Kristopher	Hammerberg	111	60	0:45:31	70	41	111												
Male	20-29	135	Shih Haur	Hwang	110	61	0:45:44	70	40	110	64	1:16:05	68	37	105							
Male	20-29	136	Vince Edward	Banzon	110						60	1:14:13	69	41	110							
Male	20-29	137	Josiah	Ee	109	96	1:02:51	51	5	56						98	2:27:28	50	3	53		
Male	20-29	138	Adam	Johan Iskandar	109	62	0:45:48	70	39	109	74	1:21:15	63	27	90							
Male	20-29	139	Zhuan Meng	Tan	109						61	1:14:56	69	40	109							
Male	20-29	140	Lup Whye	Chang	107											63	1:46:56	69	38	107		
Male	20-29	141	Nicholas Eugenius	Lim	107	64	0:45:57	70	37	107												

Category			First Name	Last Name	POINTS	Aquathlon					Duathlon					Triathlon				
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Male	20-29	142	Noor Azam Kasiri	Azam	106	65	0:45:59	70	36	106										
Male	20-29	143	Aleksey	Sigeda	105										65	1:47:25	69	36	105	
Male	20-29	144	Joel	Lee	105	66	0:46:00	70	35	105										
Male	20-29	145	Kai Ren	Aw	104										66	1:47:32	69	35	104	
Male	20-29	146	Bryan	Yoong	104						65	1:16:07	68	36	104					
Male	20-29	147	Mohamad Hafiz	Hasim	104	67	0:46:04	70	34	104										
Male	20-29	148	Darren	Goh	103	94	0:56:09	57	7	64	66	1:16:10	68	35	103					
Male	20-29	149	Huankun, Andre	Ye	102	68	0:46:40	69	33	102										
Male	20-29	150	Weikang	Huang	101										68	1:47:55	68	33	101	
Male	20-29	151	Jay Rommel	Basco	99						69	1:17:09	67	32	99					
Male	20-29	152	Muhamad Raihan Bin	Sudirman	97						70	1:18:24	66	31	97					
Male	20-29	153	Ee Ju Martin	Cheong	96										72	1:50:31	67	29	96	
Male	20-29	154	Tuck Sing Terence	Siew	96	72	0:47:44	67	29	96										
Male	20-29	155	Chen Kuo Ted	Low	95	73	0:47:54	67	28	95										
Male	20-29	156	Maheswaran S/O Jayab	Maheswaran	95						71	1:18:43	65	30	95					
Male	20-29	157	Kenneth	Teo	93	75	0:48:07	67	26	93										
Male	20-29	158	Siew Wei Bang	Siew	92										75	1:52:31	66	26	92	
Male	20-29	159	Gerald	Ng	92						73	1:20:45	64	28	92					
Male	20-29	160	Sek Meng Jeremy	Chan	90										76	1:53:00	65	25	90	
Male	20-29	161	Yohei	Yoneyama	88										78	1:53:24	65	23	88	
Male	20-29	162	Yongkang	Ng	88	79	0:48:46	66	22	88										
Male	20-29	163	Anuj	Jain	87										79	1:53:40	65	22	87	
Male	20-29	164	Zheng De	Choo	85						75	1:27:21	59	26	85					
Male	20-29	165	Jun Yuan	Ong	83	91	0:55:08	58	10	68	76	1:29:32	58	25	83					
Male	20-29	166	Luca	Dotti	79	83	0:52:14	61	18	79										
Male	20-29	167	Zhi Hao David	Ang	78										85	1:59:01	62	16	78	
Male	20-29	168	Jiwei	Huang	78	84	0:52:21	61	17	78										
Male	20-29	169	Wai How	Lok	77										86	1:59:24	62	15	77	
Male	20-29	170	Stephen	Heng	77	85	0:52:54	61	16	77										
Male	20-29	171	Vincent	Yee	71										90	2:03:41	60	11	71	
Male	20-29	172	Bo Yin	Lim	71						81	1:42:01	51	20	71					
Male	20-29	173	Cheng Boon	Fok	71	89	0:54:29	59	12	71										
Male	20-29	174	Weili	Chen	70	90	0:54:31	59	11	70										
Male	20-29	175	Melvin	Tezon	69										91	2:04:22	59	10	69	
Male	20-29	176	Vijay Xavier	Luiz	68										92	2:04:55	59	9	68	
Male	20-29	177	Jian Sheng	Ho	68						82	1:44:27	49	19	68					
Male	20-29	178	Sufyan Tsuri	Chik Latif	66										93	2:06:40	58	8	66	
Male	20-29	179	Jianda	Ng	65										94	2:07:43	58	7	65	
Male	20-29	180	Jianhui	Song	61										95	2:14:55	55	6	61	
Male	20-29	181	Ong	Kar Rong Benjamin	59										96	2:15:23	54	5	59	
Male	20-29	182	Matthew	Sim	59	95	0:59:57	53	6	59										
Male	20-29	183	Han Wei	Chia	57										97	2:19:33	53	4	57	
Male	20-29	184	Bevan	Tey	50						83	2:40:40	32	18	50					
Male	20-29	185	Kenny	Eng	45										99	2:50:34	43	2	45	

Category			First Name	Last Name	POINTS	Aquathlon					Duathlon					Triathlon				
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Male	30-39	1	Evan	Gallagher	400	1	0:31:13	100	100	200	3	0:52:47	98	98	196	1	1:13:31	100	100	200
Male	30-39	2	David	Edwards	394	2	0:31:44	98	99	197						3	1:14:01	99	98	197
Male	30-39	3	Per	Roed	394						1	0:51:45	100	100	200	4	1:15:34	97	97	194
Male	30-39	4	Timothy	Cosulich	382						6	0:53:35	97	95	192	7	1:16:36	96	94	190
Male	30-39	5	Trent	Standen	378	13	0:35:59	87	88	175	7	0:55:40	93	94	187	6	1:16:35	96	95	191
Male	30-39	6	Kevin	Hill	375						9	0:56:38	91	92	183	5	1:16:23	96	96	192
Male	30-39	7	Dave	Lommen	368						2	0:52:04	99	99	198	20	1:22:33	89	81	170
Male	30-39	8	Mark	Lyons	363	8	0:35:02	89	93	182	14	0:58:25	89	87	176	11	1:20:26	91	90	181
Male	30-39	9	Oh	Hee Peng	352	9	0:35:16	89	92	181	17	0:59:22	87	84	171	19	1:22:31	89	82	171
Male	30-39	10	Wouter Jan	Kleinlugtenbelt	346	17	0:36:51	85	84	169	16	0:58:47	88	85	173	17	1:22:10	89	84	173
Male	30-39	11	Andrew	Reeve	345	6	0:34:15	91	95	186	13	0:58:02	89	88	177	29	1:24:57	87	72	159
Male	30-39	12	Adrian	Ooi	335	14	0:36:11	86	87	173						26	1:24:44	87	75	162
Male	30-39	13	Thomas	Burford-Taylor	331	24	0:37:52	82	77	159	24	1:01:12	85	77	162	21	1:22:57	89	80	169
Male	30-39	14	Leonard	Yuen	329	30	0:38:15	82	71	153						15	1:21:23	90	86	176
Male	30-39	15	Michael	Schubert	327	15	0:36:38	85	86	171	19	1:00:20	86	82	168	31	1:25:28	86	70	156
Male	30-39	16	Andreas	Behrens	324	23	0:37:44	83	78	161						25	1:24:42	87	76	163
Male	30-39	17	Heath	Buggs	312	86	0:42:55	73	15	88	18	0:59:40	87	83	170	43	1:27:26	84	58	142
Male	30-39	18	Felix	Fischer	303						21	1:00:43	85	80	165	47	1:28:02	84	54	138
Male	30-39	19	Edward John	Sanderson	299	36	0:39:18	79	65	144	33	1:02:27	83	68	151	38	1:26:35	85	63	148
Male	30-39	20	Nathan	Slack	297	32	0:38:27	81	69	150	52	1:04:41	80	49	129	39	1:26:36	85	62	147
Male	30-39	21	Carl	Chua	294						45	1:03:33	81	56	137	30	1:25:09	86	71	157
Male	30-39	22	Stephen	Courts	293	22	0:37:36	83	79	162	11	0:57:35	90	90	180	69	1:30:57	81	32	113
Male	30-39	23	Wayne	Goh	287	67	0:41:56	74	34	108	28	1:01:55	84	73	157	54	1:28:52	83	47	130
Male	30-39	24	James	Wherrett	281						43	1:03:28	82	58	140	44	1:27:31	84	57	141
Male	30-39	25	Matthew	Clugston	271						46	1:03:39	81	55	136	49	1:28:21	83	52	135
Male	30-39	26	Pierre Paul Jean-Lou	Vignaud	260	75	0:42:16	74	26	100	23	1:00:59	85	78	163	84	1:32:21	80	17	97
Male	30-39	27	Jorge	Maluquer De Motes	254	74	0:42:10	74	27	101	53	1:04:53	80	48	128	57	1:29:23	82	44	126
Male	30-39	28	Wan Wei Hong, Colin	Wan	244	96	0:43:33	72	5	77	40	1:03:11	82	61	143	80	1:32:11	80	21	101
Male	30-39	29	Andrew	Benjamin	236	38	0:39:23	79	63	142	68	1:06:23	78	33	111	86	1:32:40	79	15	94
Male	30-39	30	Byron	Rienstra	236	33	0:38:41	81	68	149	36	1:02:37	83	65	148	93	1:33:24	79	8	87
Male	30-39	31	Desmond	Chan	235	112	0:44:46	70		70	57	1:05:13	79	44	123	70	1:31:08	81	31	112
Male	30-39	32	Edward	Barrow	235	51	0:40:56	76	50	126	136	1:13:45	70		70	72	1:31:25	80	29	109
Male	30-39	33	Nicholas	Froude	234	136	0:46:20	67		67	39	1:02:58	82	62	144	90	1:33:07	79	11	90
Male	30-39	34	Abdul Halim	Muhamat Yusof	234	35	0:39:03	80	66	146	47	1:03:55	81	54	135	92	1:33:21	79	9	88
Male	30-39	35	Justin	Hotton	231	87	0:42:58	73	14	87						42	1:26:56	85	59	144
Male	30-39	36	James	Heffernan	228	93	0:43:15	72	8	80	41	1:03:19	82	60	142	94	1:33:27	79	7	86
Male	30-39	37	Adriaan	Groot	227	81	0:42:34	73	20	93	83	1:07:44	76	18	94	51	1:28:23	83	50	133
Male	30-39	38	Juan Martin	Carballo Pozzi	227	132	0:46:08	68		68	69	1:06:25	78	32	110	65	1:30:42	81	36	117
Male	30-39	39	Andrew Chee Kiat	Chang	227	109	0:44:33	70		70	34	1:02:33	83	67	150	116	1:35:29	77		77
Male	30-39	40	Emmanuel	Andre	227	26	0:38:01	82	75	157						181	1:44:56	70		70
Male	30-39	41	Plichard	Christophe	225						30	1:02:16	83	71	154	175	1:43:51	71		71
Male	30-39	42	Choon Wei	Poh	224	56	0:41:08	76	45	121	42	1:03:23	82	59	141	96	1:33:43	78	5	83
Male	30-39	43	Delard De Rigouliere	Damien	222	44	0:40:14	78	57	135	35	1:02:37	83	66	149	153	1:40:49	73		73
Male	30-39	44	Philip	Archer	221	37	0:39:22	79	64	143						104	1:34:29	78		78
Male	30-39	45	Mazlan	Hassan	221	138	0:46:33	67		67	38	1:02:53	82	63	145	124	1:36:52	76		76
Male	30-39	46	Benjamin	Vella	218	54	0:41:06	76	47	123						85	1:32:32	79	16	95
Male	30-39	47	Alvin	Lim	214	57	0:41:22	75	44	119	51	1:04:29	80	50	130	95	1:33:40	78	6	84

Category			First Name	Last Name	POINTS	Aquathlon					Duathlon					Triathlon				
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Male	30-39	48	Nicolas	Van Huffel	211	130	0:45:52	68		68	73	1:06:52	77	28	105	75	1:31:47	80	26	106
Male	30-39	49	Sebastien	Lay	211	140	0:46:35	67		67	48	1:04:03	81	53	134	111	1:35:23	77		77
Male	30-39	50	Graham	Wright	210	59	0:41:29	75	42	117						87	1:32:41	79	14	93
Male	30-39	51	Andrew	Phillips	208	69	0:41:57	74	32	106						79	1:32:06	80	22	102
Male	30-39	52	Joseph Jean Jacques	Bruntz	208	47	0:40:36	77	54	131						118	1:35:36	77		77
Male	30-39	53	Daniel John	Reinecke	207	80	0:42:25	74	21	95	79	1:07:28	77	22	99	73	1:31:27	80	28	108
Male	30-39	54	Julian	Chester	206	79	0:42:21	74	22	96	71	1:06:46	78	30	108	83	1:32:20	80	18	98
Male	30-39	55	Michal	Naglowski	205	135	0:46:19	67		67	78	1:07:28	77	23	100	76	1:31:53	80	25	105
Male	30-39	56	Adriano	Niro	204	102	0:43:50	71		71	55	1:05:02	80	46	126	102	1:34:19	78		78
Male	30-39	57	Koert	Breebaart	204	139	0:46:34	67		67	49	1:04:24	80	52	132	165	1:42:11	72		72
Male	30-39	58	Stefan	Leijdekkers	198											2	1:13:58	99	99	198
Male	30-39	59	Raymond Kok Yew	Chan	194						60	1:05:26	79	41	120	149	1:40:00	74		74
Male	30-39	60	Robert	Hensby	194						4	0:53:09	97	97	194					
Male	30-39	61	Dean	Pearce	193	4	0:33:15	94	97	191	5	0:53:32	97	96	193					
Male	30-39	62	Peter Francis	Roche	192	61	0:41:37	75	40	115						107	1:35:01	77		77
Male	30-39	63	Robert	Dahlberg	192	3	0:33:09	94	98	192										
Male	30-39	64	Szer Khee	Lim	191	62	0:41:40	75	39	114						114	1:35:27	77		77
Male	30-39	65	Romarc	Chardonneau	190	58	0:41:24	75	43	118	80	1:07:29	77	21	98	164	1:42:06	72		72
Male	30-39	66	Ermanno	Ciarrocchi	189	5	0:33:25	93	96	189										
Male	30-39	67	Edward	Blair	188											8	1:17:17	95	93	188
Male	30-39	68	Stuart	Harrison	188	99	0:43:37	72	2	74	81	1:07:35	77	20	97	89	1:33:02	79	12	91
Male	30-39	69	Etienne	Faure	187											9	1:17:22	95	92	187
Male	30-39	70	Wei Seng Mark	Mu	186	100	0:43:38	72	1	73	66	1:06:07	78	35	113	158	1:41:21	73		73
Male	30-39	71	Gilles	Daumas	185											10	1:18:05	94	91	185
Male	30-39	72	Samuel Gavin	Baxendale	185	60	0:41:34	75	41	116						189	1:46:13	69		69
Male	30-39	73	Fahmy	Ismail	185						8	0:56:30	92	93	185					
Male	30-39	74	Nicholas	Price	183						72	1:06:48	77	29	106	117	1:35:29	77		77
Male	30-39	75	Desmond	Kao	183	7	0:34:57	89	94	183										
Male	30-39	76	Beltrame	Cedric	181						10	0:57:31	90	91	181					
Male	30-39	77	Daniel	Chandler	180											12	1:20:50	91	89	180
Male	30-39	78	Mohamed Fazlee Zain	Zain	179											13	1:20:52	91	88	179
Male	30-39	79	Soh	Tiam Kee	179	72	0:42:05	74	29	103						130	1:37:17	76		76
Male	30-39	80	James	Clark	179	19	0:37:07	84	82	166	12	0:57:45	90	89	179					
Male	30-39	81	James	Stewart	179	10	0:35:22	88	91	179										
Male	30-39	82	Ronald	Heng	178	91	0:43:12	72	10	82	74	1:06:55	77	27	104	146	1:39:44	74		74
Male	30-39	83	Too Sheng	Tan	178	65	0:41:48	75	36	111	146	1:15:29	69		69	209	1:50:02	67		67
Male	30-39	84	Henry	Goodwin	178	11	0:35:23	88	90	178										
Male	30-39	85	Andrew	Crisp	177											14	1:21:16	90	87	177
Male	30-39	86	Julian	Hudson	177	12	0:35:28	88	89	177										
Male	30-39	87	Matthew Heath	Pinkston	175											16	1:21:56	90	85	175
Male	30-39	88	Patrik Claudio	Pizzali	175	115	0:44:52	70		70	76	1:07:10	77	25	102	155	1:41:01	73		73
Male	30-39	89	Ian	Hallo	174	77	0:42:20	74	24	98						123	1:36:43	76		76
Male	30-39	90	Matthew	Pinkston	174						15	0:58:31	88	86	174					
Male	30-39	91	Jamie	Campbell	172											18	1:22:10	89	83	172
Male	30-39	92	Sven	Hobbie	172	70	0:41:59	74	31	105	116	1:11:24	72		72	205	1:49:03	67		67
Male	30-39	93	Kok Hooi	Lim	171						125	1:12:48	71		71	81	1:32:14	80	20	100
Male	30-39	94	Andre	Sousa	170	16	0:36:46	85	85	170	44	1:03:32	81	57	138					

Category			First Name	Last Name	POINTS	Aquathlon				Duathlon					Triathlon					
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Male	30-39	95	Jonathan	Roe	167					20	1:00:20	86	81	167						
Male	30-39	96	Per-Robert	Jacobsen	167	18	0:36:59	84	83	167	29	1:01:56	84	72	156					
Male	30-39	97	Neil	Davey	166											22	1:24:09	87	79	166
Male	30-39	98	Patrick	Schwing	166						85	1:07:46	76	16	92	144	1:39:23	74		74
Male	30-39	99	Sean	Bailey	165											23	1:24:13	87	78	165
Male	30-39	100	Christoph	Schmidt	165	20	0:37:13	84	81	165										
Male	30-39	101	Federico	D'Inca	164											24	1:24:32	87	77	164
Male	30-39	102	Nickolas	Merritt	164	88	0:43:01	73	13	86	117	1:11:33	72		72	103	1:34:27	78		78
Male	30-39	103	Andrew	Gillan	164						22	1:00:47	85	79	164					
Male	30-39	104	Matthieu	Chapeleau	163	85	0:42:54	73	16	89						141	1:39:10	74		74
Male	30-39	105	Atsushi	Ishitsuka	163	21	0:37:34	83	80	163										
Male	30-39	106	Stuart	Walker	162	111	0:44:41	70		70	90	1:08:42	75	11	86	126	1:36:57	76		76
Male	30-39	107	Siew Chin Robert	Chan	161											27	1:24:47	87	74	161
Male	30-39	108	Benjamin	Jones	161	98	0:43:34	72	3	75	92	1:08:45	75	9	84	108	1:35:08	77		77
Male	30-39	109	Jensen	Hjorth	160											28	1:24:48	87	73	160
Male	30-39	110	Fabian Raj	William	160						25	1:01:28	84	76	160					
Male	30-39	111	Jun	Nakajima	159						94	1:09:01	75	7	82	110	1:35:22	77		77
Male	30-39	112	Alastair Andrew	Reed	159	66	0:41:52	75	35	110	26	1:01:39	84	75	159					
Male	30-39	113	Serge	Handjian	158	25	0:37:53	82	76	158										
Male	30-39	114	Stefan	Backeljauw	158						27	1:01:41	84	74	158					
Male	30-39	115	Daniel	He	157	90	0:43:08	72	11	83						148	1:39:49	74		74
Male	30-39	116	Hendrik	Liebenberg	156	27	0:38:04	82	74	156										
Male	30-39	117	Martijn	Muntingh	155											32	1:25:43	86	69	155
Male	30-39	118	Daniel	Foreman	155	166	0:50:19	62		62	108	1:10:25	73		73	97	1:33:43	78	4	82
Male	30-39	119	Jeremy	Round	155	28	0:38:06	82	73	155										
Male	30-39	120	Julian	Toscano	154											33	1:25:57	86	68	154
Male	30-39	121	Glyn	Carroll	154	89	0:43:03	73	12	85						192	1:46:33	69		69
Male	30-39	122	Christophe	Knaub	154	29	0:38:14	82	72	154										
Male	30-39	123	Nicolas	Clerc	153						31	1:02:18	83	70	153					
Male	30-39	124	Jamieson	Yu	152											34	1:26:01	85	67	152
Male	30-39	125	Julien	Pescheux	152	63	0:41:44	75	38	113	32	1:02:24	83	69	152					
Male	30-39	126	Greg	Wright	151											35	1:26:02	85	66	151
Male	30-39	127	Andrew	Carnie	151	160	0:49:43	63		63	103	1:09:56	74		74	113	1:35:25	77		77
Male	30-39	128	Kartai	Koh	151	123	0:45:30	69		69	99	1:09:35	74	2	76	135	1:38:03	75		75
Male	30-39	129	David	Szu	151	31	0:38:23	81	70	151										
Male	30-39	130	Martijn	Van Eldik	150											36	1:26:21	85	65	150
Male	30-39	131	Duncan	Porter	150						113	1:10:58	73		73	120	1:35:56	77		77
Male	30-39	132	Tze Yang	Soon	150	118	0:45:06	69		69	100	1:09:41	74	1	75	133	1:37:50	75		75
Male	30-39	133	Steve	Knabl	149											37	1:26:24	85	64	149
Male	30-39	134	See Chian	Lim	147	155	0:49:00	64		64	119	1:11:55	72		72	137	1:38:19	75		75
Male	30-39	135	Johann Ulrich	Ried	147	34	0:38:59	80	67	147										
Male	30-39	136	Denes	Szaszak	146											40	1:26:39	85	61	146
Male	30-39	137	Kevin	Bennett	146	125	0:45:34	69		69	127	1:13:11	71		71	134	1:37:51	75		75
Male	30-39	138	Jason	Brownell	146	46	0:40:30	77	55	132	37	1:02:46	82	64	146					
Male	30-39	139	Andrea	Oschetti	145											41	1:26:52	85	60	145
Male	30-39	140	David	Gowdey	145	181	0:51:42	60		60	112	1:10:51	73		73	166	1:42:15	72		72
Male	30-39	141	Mohd Dzar Shahrullah	Mohd Shafi	145	133	0:46:15	67		67	109	1:10:25	73		73	167	1:42:26	72		72

Category			First Name	Last Name	POINTS	Aquathlon				Duathlon					Triathlon				
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank
Male	30-39	142	Yew Weng	Lee	145					98	1:09:34	74	3	77	196	1:47:57	68		68
Male	30-39	143	Iain	Anderson	144					130	1:13:20	71		71	151	1:40:13	73		73
Male	30-39	144	Steven	Baxter	143	144	0:47:16	66	66						115	1:35:28	77		77
Male	30-39	145	Francis Benjie L	Castro	143	162	0:49:49	63	63	122	1:12:12	72		72	173	1:43:28	71		71
Male	30-39	146	Wun-Li Mark Spencer	Looi	143	165	0:50:08	62	62	106	1:10:12	74		74	190	1:46:20	69		69
Male	30-39	147	Micheal	Lim	143	128	0:45:42	68	68	107	1:10:15	74		74	193	1:46:43	69		69
Male	30-39	148	William	Berney	142	172	0:50:37	62	62	149	1:16:35	68		68	139	1:38:53	74		74
Male	30-39	149	Wei Reng Galven	Tan	142	146	0:47:29	66	66	141	1:14:20	70		70	160	1:41:40	72		72
Male	30-39	150	Andrew Woon Hau	Seow	142					120	1:12:01	72		72	180	1:44:24	70		70
Male	30-39	151	Seng Keong Alvan	Koh	142	183	0:51:49	60	60	104	1:10:02	74		74	200	1:48:41	68		68
Male	30-39	152	Gregory	Daniel	141	114	0:44:50	70	70	145	1:15:15	69		69	176	1:43:57	71		71
Male	30-39	153	Chek Siang	Foo	141	39	0:39:25	79	62	141	1:24:15	61		61					
Male	30-39	154	Luke	Mace	140										45	1:27:39	84	56	140
Male	30-39	155	Daniel	Mcnaair	140	113	0:44:46	70	70						178	1:44:18	70		70
Male	30-39	156	Li Meng Mark	Lo	140	40	0:39:34	79	61	140									
Male	30-39	157	Gonzalez Florenzano	Carlos Pablo	139										46	1:27:48	84	55	139
Male	30-39	158	Jeffrey Aaron	Hallmark	139	176	0:51:11	61	61	143	1:14:52	69		69	184	1:45:30	70		70
Male	30-39	159	Wei Siang	Chua	139					123	1:12:25	71		71	197	1:48:00	68		68
Male	30-39	160	Yu Chiang Daniel	Tan	139	164	0:50:07	62	62	128	1:13:15	71		71	199	1:48:17	68		68
Male	30-39	161	Kok Kiang	Lee	139	104	0:44:12	71	71	139	1:14:15	70		70	204	1:48:45	68		68
Male	30-39	162	Phillip	Hall	139	41	0:39:35	79	60	139									
Male	30-39	163	Frank	Kellens	138					168	1:20:25	64		64	140	1:39:10	74		74
Male	30-39	164	Ross	Maree	138	105	0:44:16	71	71	132	1:13:30	70		70	210	1:50:12	67		67
Male	30-39	165	Yeok Hien	Lim	137	150	0:47:48	65	65						162	1:41:56	72		72
Male	30-39	166	Jinhui Gary	Ho	137	134	0:46:16	67	67						183	1:45:11	70		70
Male	30-39	167	Sanjeev	Palar	137	42	0:39:50	78	59	137	93	1:08:46	75	8	83				
Male	30-39	168	Denis	Oakley	136										48	1:28:19	83	53	136
Male	30-39	169	Peter	Wan	136	151	0:48:18	65	65	158	1:17:37	67		67	187	1:46:00	69		69
Male	30-39	170	Sze	Kian Chuan	136	43	0:40:11	78	58	136									
Male	30-39	171	Sow Wee Alex	Tan	135	168	0:50:23	62	62	144	1:15:10	69		69	216	1:51:45	66		66
Male	30-39	172	Regis	Covey	135	180	0:51:33	61	61	129	1:13:18	71		71	227	1:55:07	64		64
Male	30-39	173	Peter Matthew	Pritchard	134										50	1:28:21	83	51	134
Male	30-39	174	Brett	Woodwiss	134	177	0:51:19	61	61	183	1:26:15	60		60	156	1:41:13	73		73
Male	30-39	175	Alexander	Ballard	134	148	0:47:42	65	65						186	1:45:50	69		69
Male	30-39	176	Dror	Zalika	134	175	0:51:06	61	61	142	1:14:47	69		69	220	1:52:56	65		65
Male	30-39	177	Alexander	Patterson	133					153	1:17:04	67		67	212	1:50:47	66		66
Male	30-39	178	Miinhow	Lee	133	143	0:47:13	66	66	154	1:17:14	67		67	214	1:51:02	66		66
Male	30-39	179	Scott Alan	Smiley	133	45	0:40:26	77	56	133	82	1:07:35	77	19	96				
Male	30-39	180	Cedric	Parent	132										52	1:28:31	83	49	132
Male	30-39	181	Michael Weng Meng	Kwok	132	137	0:46:20	67	67						222	1:53:12	65		65
Male	30-39	182	Sean	Eckerty	131										53	1:28:44	83	48	131
Male	30-39	183	Kuntal Rasiklal	Joshi	131					165	1:19:45	65		65	213	1:50:47	66		66
Male	30-39	184	Kwok Wai	Tan	131	117	0:45:00	69	69	160	1:17:51	66		66	237	1:59:06	62		62
Male	30-39	185	Gregory John	Playfoot	131					50	1:04:27	80	51	131					
Male	30-39	186	Kar Leong	Chng	130	174	0:50:58	61	61						188	1:46:00	69		69
Male	30-39	187	Justin	Back	130	48	0:40:37	77	53	130	115	1:11:23	72		72				
Male	30-39	188	Darren	Tham	129										55	1:28:54	83	46	129

Category			First Name	Last Name	POINTS	Aquathlon					Duathlon					Triathlon				
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Male	30-39	189	Marvin	Lee	129	189	0:52:42	59		59	172	1:20:59	64		64	223	1:53:14	65		65
Male	30-39	190	Wee Lee	Tan	129	195	0:54:38	57		57	164	1:18:38	66		66	233	1:57:13	63		63
Male	30-39	191	Makoto	Nakahara	129	49	0:40:38	77	52	129										
Male	30-39	192	Ezer	Ratchaga	128											56	1:28:58	83	45	128
Male	30-39	193	Felix	Teo	128	193	0:53:47	58		58						182	1:45:00	70		70
Male	30-39	194	Neil	Bowyer	128	182	0:51:46	60		60						195	1:47:39	68		68
Male	30-39	195	Hong Guan	Sim	128	178	0:51:26	61		61	163	1:18:23	66		66	234	1:57:41	62		62
Male	30-39	196	David	Knott	127						54	1:04:56	80	47	127					
Male	30-39	197	Hsia Yang	Hsu	127	50	0:40:52	76	51	127										
Male	30-39	198	Kris Aidil Abdullah	Abdullah	126						170	1:20:41	64		64	236	1:58:01	62		62
Male	30-39	199	Chad	Lapp	125											58	1:29:31	82	43	125
Male	30-39	200	Daniel	Gan	125	167	0:50:20	62		62	176	1:23:47	62		62	232	1:57:09	63		63
Male	30-39	201	Raymond	Ng	125	131	0:45:55	68		68	56	1:05:03	80	45	125					
Male	30-39	202	Yann	Bacon	125	52	0:41:00	76	49	125										
Male	30-39	203	Dror	Feldheim	124											59	1:29:32	82	42	124
Male	30-39	204	Jorasmi	Gagarin	124	191	0:53:06	59		59						219	1:52:17	65		65
Male	30-39	205	Jordi	Costa Torre	124	53	0:41:04	76	48	124										
Male	30-39	206	Matthew	Talbot	123											60	1:29:40	82	41	123
Male	30-39	207	Alex Boon Hian	Tay	123	188	0:52:35	59		59						226	1:54:34	64		64
Male	30-39	208	Jose Paolo	Lontoc	123	184	0:52:00	60		60	184	1:26:48	60		60	229	1:56:08	63		63
Male	30-39	209	Euan	Henderson	122											61	1:29:42	82	40	122
Male	30-39	210	Aik Liang	Heng	122						58	1:05:16	79	43	122					
Male	30-39	211	Steven	Hunter	122	55	0:41:06	76	46	122										
Male	30-39	212	Daniel James	Webster	121											62	1:29:47	82	39	121
Male	30-39	213	Zurairi	Bin Samsuddin	121	194	0:54:29	57		57	180	1:24:59	61		61	242	2:02:16	60		60
Male	30-39	214	Sergio Jorge Miguel	Consen	121						59	1:05:25	79	42	121					
Male	30-39	215	Wouter	Van Rij	119											63	1:30:13	81	38	119
Male	30-39	216	Jonathon	Mccarthy	119						61	1:05:30	79	40	119					
Male	30-39	217	Tuomas	Kanervala	118											64	1:30:24	81	37	118
Male	30-39	218	Isa	Ismail	118	185	0:52:02	60		60						245	2:06:20	58		58
Male	30-39	219	Simon	Bembridge	118						62	1:05:30	79	39	118					
Male	30-39	220	Paul	Cowie	117	83	0:42:40	73	18	91	63	1:05:55	79	38	117					
Male	30-39	221	Chaik Chuan	Koh	116											66	1:30:42	81	35	116
Male	30-39	222	Alan James	Koh	115											67	1:30:46	81	34	115
Male	30-39	223	Jens	Poehlker	115						64	1:06:01	78	37	115					
Male	30-39	224	Luca	Cassoni	114											68	1:30:50	81	33	114
Male	30-39	225	Thomas	Wallin	114	68	0:41:56	74	33	107	65	1:06:02	78	36	114					
Male	30-39	226	Brandon Koh Chi Ping	Koh	112	64	0:41:44	75	37	112										
Male	30-39	227	John	Dalton	112						67	1:06:09	78	34	112					
Male	30-39	228	Paul	Comerford	111											71	1:31:19	81	30	111
Male	30-39	229	Siang Wee	Tey	109	202	1:08:03	46		46	194	1:39:15	52		52	246	2:09:19	57		57
Male	30-39	230	Thomas	Rindlisbacher	109						70	1:06:34	78	31	109					
Male	30-39	231	Alex	Monck	107											74	1:31:47	80	27	107
Male	30-39	232	Henry	Syrett	104											77	1:31:55	80	24	104
Male	30-39	233	Tim	Jones	104	71	0:42:01	74	30	104										
Male	30-39	234	Foong Siew Weng	Foong	103											78	1:32:05	80	23	103
Male	30-39	235	George	Horsington	103						75	1:07:07	77	26	103					

Category			First Name	Last Name	POINTS	Aquathlon					Duathlon					Triathlon				
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Male	30-39	236	Hsia Khai	Hsu	102	73	0:42:09	74	28	102										
Male	30-39	237	Mathew	Frichot	101						77	1:07:23	77	24	101					
Male	30-39	238	Andre Daniel Vino	Chalson	99											82	1:32:19	80	19	99
Male	30-39	239	Eric Yuik Sing	Ting	99	76	0:42:19	74	25	99										
Male	30-39	240	Christopher	Gill	97	78	0:42:20	74	23	97										
Male	30-39	241	Lup Mun	Yee	96	199	0:58:20	54		54	196	1:49:04	47		47	249	2:54:54	42		42
Male	30-39	242	Ricominoroy	Pornamah	93	107	0:44:21	70		70	84	1:07:46	76	17	93					
Male	30-39	243	Chian Hon Danny	Chan	92											88	1:33:01	79	13	92
Male	30-39	244	Liam	Mccance	92	82	0:42:39	73	19	92	96	1:09:16	75	5	80					
Male	30-39	245	Teng Shan Jonathan	Hew	91						86	1:07:53	76	15	91					
Male	30-39	246	John	Anthony	90						87	1:08:11	76	14	90					
Male	30-39	247	Shi Hao	Kwok	90	84	0:42:48	73	17	90										
Male	30-39	248	Richard James	Masters	89											91	1:33:14	79	10	89
Male	30-39	249	Gianluca	Lozzi	89						88	1:08:20	76	13	89					
Male	30-39	250	Yong Yeow Philip	Lai	87	173	0:50:54	61		61	89	1:08:42	75	12	87					
Male	30-39	251	Julius	Bautista	85	92	0:43:12	72	9	81	91	1:08:42	75	10	85					
Male	30-39	252	Fang Wee	Foo	81											98	1:33:46	78	3	81
Male	30-39	253	Yucheng Eugene	Lin	81						95	1:09:06	75	6	81					
Male	30-39	254	Marc	Linnegar	80											99	1:33:55	78	2	80
Male	30-39	255	Chee Seong	Tey	79											100	1:34:16	78	1	79
Male	30-39	256	Dexter	Loo	79	142	0:47:01	66		66	97	1:09:16	75	4	79					
Male	30-39	257	Robert	Dobler	79	94	0:43:15	72	7	79										
Male	30-39	258	Sze-Tek Terence	Ho	78											101	1:34:18	78		78
Male	30-39	259	Rowen	Cross	78											105	1:34:30	78		78
Male	30-39	260	Yip	Tuck Soon	78	95	0:43:22	72	6	78										
Male	30-39	261	Chupin	Bertrand	77											106	1:35:01	77		77
Male	30-39	262	Antonio	Castillo Diaz	77											109	1:35:20	77		77
Male	30-39	263	Matthew	Lister	77											112	1:35:24	77		77
Male	30-39	264	Nicolas	Noel	77											119	1:35:46	77		77
Male	30-39	265	Chit Siong	Koh	77											121	1:35:57	77		77
Male	30-39	266	Thomas	Hawker	76											122	1:36:39	76		76
Male	30-39	267	Winston	Soh	76											125	1:36:55	76		76
Male	30-39	268	Kay Chung Norman	Tan	76											127	1:37:02	76		76
Male	30-39	269	Chauffaille	Samuel	76											128	1:37:03	76		76
Male	30-39	270	Craig	Toh	76											129	1:37:12	76		76
Male	30-39	271	Lee	Wai Teck Victor	76	97	0:43:34	72	4	76										
Male	30-39	272	Oscar	Fernandez Feito	75											131	1:37:24	75		75
Male	30-39	273	Zhenwei Leo	Feng	75											132	1:37:26	75		75
Male	30-39	274	Jens	Poehlker	75											136	1:38:07	75		75
Male	30-39	275	Jean-Philippe	Lionnet	75											138	1:38:20	75		75
Male	30-39	276	Lancelot	Gregoire	74											142	1:39:12	74		74
Male	30-39	277	Bradford	Walterhouse	74											143	1:39:13	74		74
Male	30-39	278	Teck Leong Clarke	Wan	74											145	1:39:43	74		74
Male	30-39	279	Tej Kumar	Limbu	74											147	1:39:48	74		74
Male	30-39	280	Ahmad	Hilmy	74						102	1:09:49	74		74					
Male	30-39	281	Swee Nam	Ong	74						105	1:10:08	74		74					
Male	30-39	282	Zhenwei, Leo	Feng	74	149	0:47:44	65		65	101	1:09:45	74		74					

Category			First Name	Last Name	POINTS	Aquathlon					Duathlon					Triathlon				
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Male	30-39	283	Noorhakem	Kamil	73										150	1:40:02	73		73	
Male	30-39	284	Chuan Heng	Loh	73										152	1:40:40	73		73	
Male	30-39	285	Paul C F	Jessup	73										154	1:40:54	73		73	
Male	30-39	286	Richard	Powell	73										157	1:41:13	73		73	
Male	30-39	287	Kian Soon	Lee	73					114	1:11:05	73		73						
Male	30-39	288	Seng Kiat	Ching	73					110	1:10:41	73		73						
Male	30-39	289	Stephen Joshua	Hee	73	163	0:49:50	63		63	111	1:10:43	73		73					
Male	30-39	290	Teck Nguong	Tang	72										159	1:41:36	72		72	
Male	30-39	291	Kuang Wei Jeremy	Yap	72										161	1:41:44	72		72	
Male	30-39	292	Andreas	Bokkenheuser	72										163	1:42:00	72		72	
Male	30-39	293	Durieux	Antoine	72										168	1:42:29	72		72	
Male	30-39	294	Jeremy	Yap	72	145	0:47:16	66		66	121	1:12:09	72		72					
Male	30-39	295	Nicholas	Reynolds	72						118	1:11:52	72		72					
Male	30-39	296	Vijay	Rathakrishnan	71										169	1:42:52	71		71	
Male	30-39	297	Nicholas	Zhang	71										170	1:42:54	71		71	
Male	30-39	298	Shahrul	Abd Razak	71										171	1:43:20	71		71	
Male	30-39	299	Mark Grenville	Fisher	71										172	1:43:25	71		71	
Male	30-39	300	Teck Beng	Ting	71										174	1:43:43	71		71	
Male	30-39	301	Ahmad Muzzamir	Ismail	71										177	1:44:03	71		71	
Male	30-39	302	Aaron	Simmons	71	101	0:43:49	71		71										
Male	30-39	303	Chong Siong Jeremy	Foo	71	103	0:43:51	71		71										
Male	30-39	304	Denver	Scott	71						126	1:13:05	71		71					
Male	30-39	305	Mark	Moore	71						124	1:12:30	71		71					
Male	30-39	306	Paille	Jeanluc	70										179	1:44:23	70		70	
Male	30-39	307	Swee Jin	Sim	70										185	1:45:39	70		70	
Male	30-39	308	Alexandre Lluís	Bosch Susagna	70						138	1:14:14	70		70					
Male	30-39	309	Brice	Rebsamen	70	108	0:44:25	70		70										
Male	30-39	310	Clerc	Nicolas	70	110	0:44:34	70		70										
Male	30-39	311	Guan Koon	Heng	70						140	1:14:17	70		70					
Male	30-39	312	Kevin	Luffman	70						134	1:13:41	70		70					
Male	30-39	313	Leong Yeow	Lee	70						137	1:13:46	70		70					
Male	30-39	314	Malek	Ismail	70						131	1:13:29	70		70					
Male	30-39	315	Mohamed Azri	Juma'At	70						135	1:13:44	70		70					
Male	30-39	316	Mohd Fauzil	Hussin	70						133	1:13:36	70		70					
Male	30-39	317	Zhen Shan	Kuah	70	106	0:44:18	70		70										
Male	30-39	318	Wei Han	Choh	69										191	1:46:22	69		69	
Male	30-39	319	Aidil	Idris	69	121	0:45:20	69		69	190	1:33:42	55		55					
Male	30-39	320	Bradley	Mearns	69	124	0:45:30	69		69	166	1:19:50	65		65					
Male	30-39	321	Chit Seng Andrew	Chng	69	116	0:44:56	69		69										
Male	30-39	322	Gohe	Stephane	69	122	0:45:29	69		69										
Male	30-39	323	Peng Khien	Peh	69	120	0:45:13	69		69	182	1:25:49	60		60					
Male	30-39	324	Stefan	Priemer	69	119	0:45:09	69		69										
Male	30-39	325	Nigel Clement	Maughan	68										194	1:47:34	68		68	
Male	30-39	326	Jeremiah Boon Kwang	Chua	68										198	1:48:04	68		68	
Male	30-39	327	Liwen	Ong	68										201	1:48:42	68		68	
Male	30-39	328	Chia Liang	Wong	68										202	1:48:43	68		68	
Male	30-39	329	Danny	Ong	68										203	1:48:43	68		68	

Category			First Name	Last Name	POINTS	Aquathlon					Duathlon					Triathlon				
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Male	30-39	330	Andreas	Uhde	68	127	0:45:39	68	68											
Male	30-39	331	Ee Lin Jarod	Ong	68	156	0:49:03	64	64	150	1:16:40	68	68							
Male	30-39	332	Howe Cheng	Tan	68					148	1:16:02	68	68							
Male	30-39	333	Markus	Hartmann	68	129	0:45:49	68	68											
Male	30-39	334	Xavier	Faurens	68	126	0:45:37	68	68	156	1:17:23	67	67							
Male	30-39	335	Yung Shang	Wang	68					147	1:15:56	68	68							
Male	30-39	336	Nicholas Graham	Allcock	67										206	1:49:05	67	67		
Male	30-39	337	Ju Jin John Albert	Gaw	67										207	1:49:10	67	67		
Male	30-39	338	Simon	Hove	67										208	1:49:37	67	67		
Male	30-39	339	Ernest	Lim	67					151	1:16:49	67	67							
Male	30-39	340	Fulmer	Rubaton	67					157	1:17:27	67	67							
Male	30-39	341	Lars	Heinig	67	141	0:46:46	67	67											
Male	30-39	342	Lee Tat Joseph	Tan	67					155	1:17:18	67	67							
Male	30-39	343	Wahab	Mohd Wari	67					159	1:17:49	67	67							
Male	30-39	344	Yongleng	Lim	67					152	1:16:58	67	67							
Male	30-39	345	Robert Graham	Taylor	66										211	1:50:36	66	66		
Male	30-39	346	James	Jackson	66										215	1:51:44	66	66		
Male	30-39	347	Sun Yih Sunny	Yang	66										217	1:51:48	66	66		
Male	30-39	348	Poh Wah	Sim	66										218	1:51:51	66	66		
Male	30-39	349	Ian Wurn	Lee	66					161	1:18:03	66	66							
Male	30-39	350	Smiek	Ng	66	186	0:52:18	60	60	162	1:18:07	66	66							
Male	30-39	351	Eric Desmond	Francis	65										221	1:53:02	65	65		
Male	30-39	352	Michael	Pua	65										224	1:53:34	65	65		
Male	30-39	353	Gabriel	Ong Kah Leong	65										225	1:53:56	65	65		
Male	30-39	354	Francisco	Palop	65	147	0:47:40	65	65											
Male	30-39	355	Timothy	Neary	65	152	0:48:18	65	65											
Male	30-39	356	Wei Kin	Wong	65					167	1:20:07	65	65							
Male	30-39	357	Micheal	Chan	64										228	1:55:25	64	64		
Male	30-39	358	Antony	Lomas	64	154	0:48:42	64	64											
Male	30-39	359	Brian Sze Hien	Sim	64	179	0:51:27	61	61	169	1:20:27	64	64							
Male	30-39	360	Chun Chuin	Seah	64	153	0:48:26	64	64											
Male	30-39	361	Richard	O'Brien	64					171	1:20:55	64	64							
Male	30-39	362	Tan	Boon Tee	64	157	0:49:07	64	64											
Male	30-39	363	Koon Thiam Adrian	Tan	63										230	1:56:21	63	63		
Male	30-39	364	Lorenz Kit Yui	Yuen	63										231	1:57:05	63	63		
Male	30-39	365	Adrian, Beng Leong	Fong	63	201	0:58:42	53	53	174	1:21:50	63	63							
Male	30-39	366	Dominic	Loh Yoke Hoe	63	158	0:49:34	63	63											
Male	30-39	367	Francis Exequiel	Sazon	63					173	1:21:44	63	63							
Male	30-39	368	Mark	Portlock	63	159	0:49:38	63	63											
Male	30-39	369	Say Lee	Chow	63					175	1:22:02	63	63							
Male	30-39	370	Tiong Hin Alan	Ler	63	161	0:49:44	63	63											
Male	30-39	371	Siew Kwan	Tang	62										235	1:57:49	62	62		
Male	30-39	372	Keith	Liew	62										238	1:59:07	62	62		
Male	30-39	373	Benedict	Manzano	62	169	0:50:26	62	62											
Male	30-39	374	Francois-Dominique	Doll	62	170	0:50:26	62	62											
Male	30-39	375	Joel	Cook	62	171	0:50:29	62	62											
Male	30-39	376	Patrick	Lin	62					177	1:23:55	62	62							

Category			First Name	Last Name	POINTS	Aquathlon				Duathlon				Triathlon					
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank
Male	30-39	377	Kian Hwee	Lee	61										239	1:59:46	61		61
Male	30-39	378	Jonathan	Selisana	61										240	1:59:57	61		61
Male	30-39	379	Mike	Lott	61										241	2:00:25	61		61
Male	30-39	380	Sze Yong	Kong	61					181	1:25:01	61	61						
Male	30-39	381	Terence Heng	Heng	61					179	1:24:57	61	61						
Male	30-39	382	Adrian Beng Leong	Fong	60										243	2:02:47	60		60
Male	30-39	383	Praveen	Kumar S/O Velayudha	60										244	2:02:48	60		60
Male	30-39	384	Yeo	Kim Song	60					185	1:26:49	60	60						
Male	30-39	385	Khai Yang	Koh	59	190	0:52:43	59	59										
Male	30-39	386	Kheng Sit	Lim	59	187	0:52:31	59	59										
Male	30-39	387	Mavin	Singh	59					187	1:28:01	59	59						
Male	30-39	388	Yong Thiam	Wang	59					186	1:27:38	59	59						
Male	30-39	389	Eng Chong	Lim	58	192	0:53:32	58	58										
Male	30-39	390	Boon Teck Jerry	Tan	57	196	0:55:05	57	57										
Male	30-39	391	Hidayat	Abdul Hamid	57					188	1:31:13	57	57						
Male	30-39	392	Yan Seng	Lim	56										247	2:12:10	56		56
Male	30-39	393	Jin Son	Cheong	56	197	0:55:32	56	56										
Male	30-39	394	John Christian	Lee Sunga	56					189	1:32:43	56	56						
Male	30-39	395	Mohamed Ismail	B.M.S.	56	198	0:55:43	56	56										
Male	30-39	396	Kevin	Ho	55					191	1:33:55	55	55						
Male	30-39	397	Nelson	Tan	54										248	2:15:01	54		54
Male	30-39	398	Chin Yen	Wong	53	200	0:58:38	53	53										
Male	30-39	399	Wenceslao Teddy	David	53					192	1:38:21	53	53						
Male	30-39	400	Rodney Quintin	Pereira	52					193	1:38:59	52	52						
Male	30-39	401	Hun Wei	Sing	51					195	1:42:03	51	51						
Male	30-39	402	Fairoz S/O A.Kareem	S7530590G	46					197	1:51:56	46	46						

Category			First Name	Last Name	POINTS	Aquathlon					Duathlon					Triathlon				
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Male	40-49	1	Arnaud	Selukov	398	2	0:31:04	99	99	198					1	1:11:13	100	100	200	
Male	40-49	2	Patrick	Poetzsch	397	3	0:31:40	97	98	195	1	0:51:03	100	100	2	1:12:56	98	99	197	
Male	40-49	3	William	Allen	389	8	0:33:48	91	93	184	2	0:52:08	98	99	197	3	1:15:39	94	98	192
Male	40-49	4	Juergen	Doerr	377						5	0:54:53	93	96	189	5	1:17:06	92	96	188
Male	40-49	5	Matthew	Quin	375	7	0:33:46	91	94	185					4	1:16:27	93	97	190	
Male	40-49	6	Allan	Norton	372	5	0:33:36	92	96	188	8	0:56:07	91	93	184	6	1:20:18	89	95	184
Male	40-49	7	Jan	Zastera	369	9	0:34:36	89	92	181	4	0:54:03	94	97	191	11	1:21:20	88	90	178
Male	40-49	8	Emanuele Arnaldo	Baroni	357						12	0:58:12	88	89	177	9	1:20:41	88	92	180
Male	40-49	9	Sante	Scartozzi	357	17	0:37:04	83	84	167	10	0:56:43	90	91	181	12	1:21:43	87	89	176
Male	40-49	10	Craig	Marran	352	24	0:39:00	79	77	156	14	0:59:28	86	87	173	10	1:20:53	88	91	179
Male	40-49	11	Adrian	Seath	348						11	0:57:54	88	90	178	17	1:22:34	86	84	170
Male	40-49	12	Ian	Wright	340	29	0:40:23	76	72	148	19	1:01:08	84	82	166	14	1:21:51	87	87	174
Male	40-49	13	Trond	Kaalsaaas	340	16	0:36:45	84	85	169					16	1:22:29	86	85	171	
Male	40-49	14	Andrew Jonathan	Douglas	340	14	0:36:31	84	87	171					18	1:22:51	86	83	169	
Male	40-49	15	Christian	Stauffer	334						31	1:03:20	81	70	151	7	1:20:25	89	94	183
Male	40-49	16	Sai Keong	Leong	324	26	0:39:24	78	75	153	23	1:02:34	82	78	160	21	1:25:00	84	80	164
Male	40-49	17	Byron	Nifakis	320	80	0:44:45	69	21	90	15	0:59:37	86	86	172	34	1:27:58	81	67	148
Male	40-49	18	David	Marren	317	28	0:39:52	77	73	150					19	1:24:07	85	82	167	
Male	40-49	19	Graeme	Lees	317	23	0:38:44	80	78	158					25	1:26:03	83	76	159	
Male	40-49	20	Massimo	Nanni	316	21	0:38:13	81	80	161					28	1:26:24	82	73	155	
Male	40-49	21	Stuart	Mort	315	31	0:40:43	76	70	146	28	1:02:48	81	73	154	23	1:25:41	83	78	161
Male	40-49	22	Grant	Pithie	313						18	1:01:04	84	83	167	36	1:28:03	81	65	146
Male	40-49	23	Mathias Benno Lothar	Deubel	305	30	0:40:35	76	71	147	13	0:59:27	86	88	174	49	1:29:35	79	52	131
Male	40-49	24	Gary	Constantine	304	55	0:43:17	71	46	117	21	1:02:21	82	80	162	40	1:28:18	81	61	142
Male	40-49	25	John	Sullivan	298						24	1:02:37	82	77	159	42	1:28:35	80	59	139
Male	40-49	26	Louis	Legault	297	19	0:37:56	81	82	163					47	1:29:12	80	54	134	
Male	40-49	27	Edward	Webb	294	35	0:41:18	75	66	141					30	1:26:46	82	71	153	
Male	40-49	28	Scott	Mckenzie	290	20	0:38:03	81	81	162	35	1:03:53	80	66	146	52	1:30:26	79	49	128
Male	40-49	29	Peter Wolfgang	Schulz	288	63	0:43:38	71	38	109	20	1:01:24	83	81	164	55	1:30:51	78	46	124
Male	40-49	30	Andrew	Robertson	280	48	0:42:46	72	53	125	43	1:05:10	78	58	136	38	1:28:08	81	63	144
Male	40-49	31	Simon	Myers	279	34	0:41:09	75	67	142	29	1:02:52	81	72	153	54	1:30:35	79	47	126
Male	40-49	32	Gerald Thomas	Beauregard	277	36	0:41:32	74	65	139	42	1:05:00	79	59	138	43	1:28:42	80	58	138
Male	40-49	33	Shunsuke	Kimura	277	66	0:43:43	70	35	105	32	1:03:21	81	69	150	53	1:30:33	79	48	127
Male	40-49	34	Raymond	Howe	275	47	0:42:38	72	54	126	40	1:04:57	79	61	140	46	1:29:06	80	55	135
Male	40-49	35	Jit Khoon	Tan	274	51	0:42:59	72	50	122	36	1:04:16	79	65	144	50	1:29:42	79	51	130
Male	40-49	36	Nicholas	Mace	270	44	0:42:29	73	57	130	39	1:04:51	79	62	141	51	1:30:21	79	50	129
Male	40-49	37	David	Ruffle	266						30	1:03:07	81	71	152	65	1:31:34	78	36	114
Male	40-49	38	Warren	Sperry	264	46	0:42:37	72	55	127					44	1:28:54	80	57	137	
Male	40-49	39	Seng Hoe	Tan	258	33	0:41:03	75	68	143	38	1:04:37	79	63	142	64	1:31:28	78	37	115
Male	40-49	40	Stephen	Carr	255	40	0:41:49	74	61	135	112	1:14:54	68		68	59	1:31:10	78	42	120
Male	40-49	41	Jonathan	Thurlow	251	25	0:39:21	78	76	154	57	1:07:09	76	44	120	80	1:33:15	76	21	97
Male	40-49	42	Michael	Williams	249	37	0:41:36	74	64	138					68	1:31:48	78	33	111	
Male	40-49	43	Stuart	Mcintosh	242						16	1:00:21	85	85	170	116	1:39:07	72		72
Male	40-49	44	Kian Hua	Khua	241	56	0:43:18	71	45	116	33	1:03:25	80	68	148	84	1:33:48	76	17	93
Male	40-49	45	Jean-Robert	Strele	239	58	0:43:27	71	43	114	59	1:07:11	76	42	118	58	1:31:07	78	43	121
Male	40-49	46	Justin Edward	Mullany	238						37	1:04:21	79	64	143	82	1:33:35	76	19	95
Male	40-49	47	Sek Tim	Tan	232						46	1:05:33	78	55	133	79	1:32:59	77	22	99

Category			First Name	Last Name	POINTS	Aquathlon					Duathlon					Triathlon				
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Male	40-49	48	Andrew	Paddock	231	73	0:44:12	70	28	98					48	1:29:21	80	53	133	
Male	40-49	49	Lim	Tong Peng	231	38	0:41:39	74	63	137	55	1:06:44	76	46	122	83	1:33:45	76	18	94
Male	40-49	50	Robert	Thibeault	227	79	0:44:42	69	22	91					45	1:28:54	80	56	136	
Male	40-49	51	Duncan	Ashford	226	32	0:40:46	76	69	145	27	1:02:44	81	74	155	125	1:40:44	71		71
Male	40-49	52	Anthony	Campbell-Brown	226	117	0:49:14	63		63	25	1:02:38	82	76	158	144	1:44:33	68		68
Male	40-49	53	Kelvin	Kok	225	88	0:45:42	67	13	80	44	1:05:11	78	57	135	87	1:34:13	76	14	90
Male	40-49	54	Boon Tiong	Sim	221	52	0:43:04	72	49	121	121	1:18:48	65		65	78	1:32:55	77	23	100
Male	40-49	55	Neil	Paddy	217						53	1:06:22	77	48	125	85	1:33:54	76	16	92
Male	40-49	56	Richard	St John	214	81	0:44:53	69	20	89	65	1:08:08	75	36	111	75	1:32:32	77	26	103
Male	40-49	57	Laurent	Auzanneau	205	96	0:46:07	67	5	72	50	1:06:09	77	51	128	98	1:36:07	74	3	77
Male	40-49	58	Gregory	Mittman	204	41	0:41:57	73	60	133	47	1:05:37	78	54	132	126	1:40:45	71		71
Male	40-49	59	Tuck Wai Alex	Poon	203	57	0:43:19	71	44	115					88	1:34:38	75	13	88	
Male	40-49	60	Guy	Whitcher	202						81	1:09:39	73	20	93	69	1:32:05	77	32	109
Male	40-49	61	Christian	Fey	202						61	1:07:27	76	40	116	90	1:34:45	75	11	86
Male	40-49	62	Tony	Horne	200	84	0:45:21	68	17	85	54	1:06:23	77	47	124	99	1:36:09	74	2	76
Male	40-49	63	Stefan	Judex	200	1	0:30:49	100	100	200										
Male	40-49	64	Fraser	Morrison	195						3	0:52:52	97	98	195					
Male	40-49	65	Michael	James	194	62	0:43:37	71	39	110	75	1:09:00	74	26	100	92	1:35:07	75	9	84
Male	40-49	66	Gregory	Pong	191	60	0:43:34	71	41	112	64	1:07:57	75	37	112	96	1:35:45	74	5	79
Male	40-49	67	Kok Wee Edward	Chan	190	116	0:49:00	63		63	111	1:14:53	68		68	57	1:31:04	78	44	122
Male	40-49	68	Liam	Winston	190	4	0:33:01	93	97	190	7	0:55:58	91	94	185					
Male	40-49	69	Kah Whye	Lee	189	86	0:45:33	68	15	83					72	1:32:14	77	29	106	
Male	40-49	70	William	Johnston	189	90	0:45:49	67	11	78	73	1:08:54	74	28	102	89	1:34:42	75	12	87
Male	40-49	71	Alan	Grant	187	13	0:35:56	86	88	174	6	0:55:31	92	95	187					
Male	40-49	72	Beng Heng	Lim	186	59	0:43:27	71	42	113					104	1:37:18	73		73	
Male	40-49	73	Martin	Reynolds	186	6	0:33:44	91	95	186										
Male	40-49	74	Devin	Kimble	185	69	0:43:56	70	32	102					93	1:35:09	75	8	83	
Male	40-49	75	Dudzik	Sven	185	85	0:45:28	68	16	84	63	1:07:56	75	38	113	112	1:38:48	72		72
Male	40-49	76	Wee Loon	Yong	183	91	0:45:50	67	10	77	66	1:08:16	75	35	110	103	1:37:13	73		73
Male	40-49	77	Choon-Yee Francis	Chan	183	129	0:50:53	61		61	62	1:07:39	75	39	114	136	1:43:04	69		69
Male	40-49	78	Steven	Joyce	183						9	0:56:19	91	92	183					
Male	40-49	79	Peter	Tierney	182						67	1:08:16	75	34	109	105	1:37:20	73		73
Male	40-49	80	Scott	Collison	181										8	1:20:38	88	93	181	
Male	40-49	81	Mun Chong	Wong	181	61	0:43:34	71	40	111	85	1:10:22	73	16	89	134	1:42:23	70		70
Male	40-49	82	Thorsten	Bals	180	10	0:34:44	89	91	180										
Male	40-49	83	Ivan	Ferraroni	179	120	0:49:54	62		62	76	1:09:02	74	25	99	95	1:35:41	74	6	80
Male	40-49	84	Jozsef	Zopcsak	178	11	0:35:05	88	90	178										
Male	40-49	85	Teck Boon Lawrence	Wong	177	71	0:44:09	70	30	100	69	1:08:32	74	32	106	120	1:39:56	71		71
Male	40-49	86	Ole Jacob	Irgens	176	12	0:35:16	87	89	176										
Male	40-49	87	Martijn Arjen	Van Koten	175										13	1:21:46	87	88	175	
Male	40-49	88	Swee Hoe Simon	Tay	175	112	0:48:29	64		64	70	1:08:38	74	31	105	130	1:41:44	70		70
Male	40-49	89	Mohd Khalid	Mazlan	174	139	0:53:28	58		58	68	1:08:32	74	33	107	152	1:46:04	67		67
Male	40-49	90	Timothy	Breadmore	172										15	1:22:24	86	86	172	
Male	40-49	91	Sean	Daniels	172	70	0:44:03	70	31	101					121	1:40:17	71		71	
Male	40-49	92	Josep	Garcia	170	64	0:43:38	71	37	108					173	1:54:46	62		62	
Male	40-49	93	Andrew	Clough	170	15	0:36:43	84	86	170										
Male	40-49	94	Vincent	Cosgrove	169	121	0:49:58	62		62	79	1:09:17	74	22	96	106	1:37:24	73		73

Category			First Name	Last Name	POINTS	Aquathlon					Duathlon					Triathlon				
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Male	40-49	95	Stephen	Boyd	168	18	0:37:21	83	83	166	17	1:00:40	84	84	168					
Male	40-49	96	Jonathan	Grosvenor	166	75	0:44:25	69	26	95	80	1:09:25	74	21	95	122	1:40:17	71		71
Male	40-49	97	David	Lim	165											20	1:24:30	84	81	165
Male	40-49	98	Yoichi	Takesawa	165	72	0:44:09	70	29	99	118	1:17:50	66		66	158	1:48:16	66		66
Male	40-49	99	Jonny	Blackwell	163											22	1:25:09	84	79	163
Male	40-49	100	Derek	Leong	163	76	0:44:36	69	25	94	102	1:13:24	70		70	140	1:43:40	69		69
Male	40-49	101	Roberto	Forzese	161						22	1:02:25	82	79	161					
Male	40-49	102	Nelson	Ng	160											24	1:25:44	83	77	160
Male	40-49	103	Steven	Tucker	160	22	0:38:13	81	79	160										
Male	40-49	104	Paul	Gerrard	158											26	1:26:15	83	75	158
Male	40-49	105	David	Duns	158	100	0:46:56	66	1	67	88	1:11:17	72	13	85	110	1:38:12	73		73
Male	40-49	106	Edward	Sadler	156											27	1:26:23	82	74	156
Male	40-49	107	Jose	Nicolas	156						26	1:02:41	81	75	156					
Male	40-49	108	Adnan	Imsirovic	155	87	0:45:38	68	14	82	97	1:12:36	70	4	74	107	1:37:49	73		73
Male	40-49	109	Christopher	Knott	154											29	1:26:44	82	72	154
Male	40-49	110	Marcus	Luer	152											31	1:26:50	82	70	152
Male	40-49	111	Aznan	Ghazali	152	136	0:52:36	59		59	89	1:11:20	72	12	84	143	1:44:31	68		68
Male	40-49	112	James	Instone	151											32	1:26:56	82	69	151
Male	40-49	113	Adam	Butterworth	151						117	1:17:36	66		66	91	1:34:56	75	10	85
Male	40-49	114	Jean-Marc	Bauquin	151						93	1:12:08	71	8	79	114	1:38:52	72		72
Male	40-49	115	Steffen	Wolf	151	27	0:39:46	77	74	151										
Male	40-49	116	Richard	Offer	149											33	1:27:57	81	68	149
Male	40-49	117	Izhar	Merhavi	149	89	0:45:42	67	12	79						132	1:42:13	70		70
Male	40-49	118	Suet Ron	Lim	148	92	0:45:51	67	9	76						111	1:38:47	72		72
Male	40-49	119	Patrick Choon Hua	Ong	147											35	1:27:59	81	66	147
Male	40-49	120	Richard	Boggs	147	93	0:45:52	67	8	75	122	1:19:02	65		65	113	1:38:52	72		72
Male	40-49	121	Chih Ming	Lam	147						96	1:12:31	70	5	75	117	1:39:12	72		72
Male	40-49	122	Robert	Garman	147	49	0:42:57	72	52	124	34	1:03:45	80	67	147					
Male	40-49	123	Andrew	Roberts	145											37	1:28:04	81	64	145
Male	40-49	124	Yann Pbor	Goh	144	126	0:50:35	61		61	95	1:12:20	71	6	77	149	1:45:36	67		67
Male	40-49	125	Jonathon	Cocks	143											39	1:28:14	81	62	143
Male	40-49	126	Martin	Henz	141											41	1:28:24	81	60	141
Male	40-49	127	Andrew	Swan	140	104	0:47:20	65		65						100	1:36:53	74	1	75
Male	40-49	128	Guy	Ofek	139						106	1:13:43	69		69	128	1:41:02	70		70
Male	40-49	129	Kee Tar	Lee	139	134	0:51:47	60		60	104	1:13:33	69		69	129	1:41:08	70		70
Male	40-49	130	Tom	O'Brien	139						41	1:04:58	79	60	139					
Male	40-49	131	Liang Chiang	Seah	138	110	0:48:23	64		64	101	1:13:24	70		70	147	1:45:13	68		68
Male	40-49	132	Tan	Ah Kow	136	102	0:47:00	66		66	107	1:14:10	69		69	150	1:45:56	67		67
Male	40-49	133	Tetsuya	Kawai	136	39	0:41:45	74	62	136										
Male	40-49	134	Berger	Michael	134	43	0:42:27	73	58	131	45	1:05:26	78	56	134					
Male	40-49	135	Jeremy	Vallance	133						130	1:21:53	62		62	123	1:40:28	71		71
Male	40-49	136	Mark	Laming	133	108	0:48:09	64		64						138	1:43:35	69		69
Male	40-49	137	Thomas	Christensen	133	105	0:47:27	65		65	115	1:16:10	67		67	160	1:48:43	66		66
Male	40-49	138	Paraic	Mcgrath	132	42	0:42:07	73	59	132										
Male	40-49	139	Andrew	Poole	131						48	1:05:51	78	53	131					
Male	40-49	140	Kah Wu Paul	Lim	129	146	0:57:04	54		54	120	1:18:24	65		65	163	1:50:44	64		64
Male	40-49	141	Eric	Pesik	129	77	0:44:40	69	24	93	49	1:05:58	77	52	129					

Category			First Name	Last Name	POINTS	Aquathlon				Duathlon					Triathlon				
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank
Male	40-49	142	Eugene	Seah	128					133	1:22:48	62		62	157	1:47:38	66		66
Male	40-49	143	Hsin-Shan	Liu	128	140	0:53:51	57	57	125	1:20:13	64		64	167	1:52:03	64		64
Male	40-49	144	Sean	Sutton	128	45	0:42:35	72	56	128	71	1:08:38	74	30	104				
Male	40-49	145	Jonathan	Chua	127	114	0:48:52	63		63	128	1:21:02	63		63	164	1:51:02	64	64
Male	40-49	146	Samuel, Yiap Seng	Wee	127	144	0:55:29	56		56	129	1:21:10	63		63	166	1:51:31	64	64
Male	40-49	147	David	Cook	127					51	1:06:16	77	50	127					
Male	40-49	148	Shamshul	Bin Eman	126	141	0:54:19	57		57					139	1:43:39	69		69
Male	40-49	149	Guan Feng	Chen	126	133	0:51:33	60		60					156	1:47:09	66		66
Male	40-49	150	Pierre Francois	Tremblay	126					52	1:06:20	77	49	126					
Male	40-49	151	Kok Mun Osbert	Tham	124	118	0:49:30	62		62					169	1:53:59	62		62
Male	40-49	152	Reinhold	Ott	123										56	1:30:58	78	45	123
Male	40-49	153	Hong Yew	Leong	123	50	0:42:58	72	51	123									
Male	40-49	154	Lawrence	Ang	122	130	0:51:02	60		60	136	1:26:30	59		59	170	1:54:09	62	62
Male	40-49	155	Sean Chee Hong	Chong	121	74	0:44:16	70	27	97	56	1:07:02	76	45	121				
Male	40-49	156	Ping Boon	Chia	120	147	0:58:12	53		53	134	1:24:40	60		60	178	1:58:00	60	60
Male	40-49	157	Christophe	Le Yoanc	119										60	1:31:12	78	41	119
Male	40-49	158	Gregory	Bachman	119	53	0:43:09	71	48	119									
Male	40-49	159	Marcus	Hall	119	94	0:45:56	67	7	74	58	1:07:10	76	43	119				
Male	40-49	160	Tony	Chua	118										61	1:31:17	78	40	118
Male	40-49	161	Jeffery	Mortimer	118	54	0:43:17	71	47	118									
Male	40-49	162	Juergen	Schmieding	117										62	1:31:17	78	39	117
Male	40-49	163	Kok Yong	Ng	117					60	1:07:17	76	41	117					
Male	40-49	164	Arjan	Roukema	116										63	1:31:26	78	38	116
Male	40-49	165	David	Waller	113										66	1:31:42	78	35	113
Male	40-49	166	Tan Kok Keong	Tan	113					143	1:48:36	47		47	159	1:48:28	66		66
Male	40-49	167	Guy Thomas	Atkinson	112										67	1:31:48	78	34	112
Male	40-49	168	Hui Kian	Teo	112	152	1:06:27	46		46	138	1:30:12	57		57	187	2:09:17	55	55
Male	40-49	169	Angus	Milgate	108										70	1:32:06	77	31	108
Male	40-49	170	Shaun	Boulter	107										71	1:32:13	77	30	107
Male	40-49	171	Wai Mun Brian	Lui	107	149	0:59:44	52		52	142	1:43:28	49		49	188	2:09:31	55	55
Male	40-49	172	Lian Hoe	Ong	107	65	0:43:41	71	36	107	99	1:12:50	70	2	72				
Male	40-49	173	Christopher	Sykes	105										73	1:32:17	77	28	105
Male	40-49	174	Ian	Bellhouse	104										74	1:32:27	77	27	104
Male	40-49	175	Kenichiro	Ueda	104	67	0:43:46	70	34	104									
Male	40-49	176	Carl	Hemus	103					72	1:08:48	74	29	103					
Male	40-49	177	Juay Oh	Lim	103	68	0:43:50	70	33	103									
Male	40-49	178	Jenns	Hofmann	102										76	1:32:46	77	25	102
Male	40-49	179	Seow Aik Desmond	Chong	101										77	1:32:53	77	24	101
Male	40-49	180	Alan	Gall	101					74	1:08:56	74	27	101					
Male	40-49	181	Wouter	Lindner	98					77	1:09:02	74	24	98					
Male	40-49	182	David	Phillips	97					78	1:09:08	74	23	97					
Male	40-49	183	Neil	Thomas	96										81	1:33:19	76	20	96
Male	40-49	184	Kiat Seng	Lim	92					82	1:09:42	73	19	92					
Male	40-49	185	Paul	Fleetwood	92	78	0:44:40	69	23	92	137	1:29:21	57		57				
Male	40-49	186	Jonathan	Symes	91										86	1:34:06	76	15	91
Male	40-49	187	Stephen	Blakeman	91					83	1:09:47	73	18	91					
Male	40-49	188	Gavin	Aitken	90					84	1:09:49	73	17	90					

Category			First Name	Last Name	POINTS	Aquathlon				Duathlon					Triathlon				
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank
Male	40-49	189	Masayoshi	Yamamoto	87					86	1:10:28	72	15	87					
Male	40-49	190	Simon	Herriott	87	82	0:45:03	68	19	87	94	1:12:15	71	7	78				
Male	40-49	191	Jee Meng	Loh	86	83	0:45:10	68	18	86									
Male	40-49	192	Kok Wai	Lee	86					87	1:10:59	72	14	86					
Male	40-49	193	Daryl	Chan	82					90	1:11:27	71	11	82					
Male	40-49	194	Maurice	Humphries	81										94	1:35:40	74	7	81
Male	40-49	195	Chee Kuan	Ang	81					91	1:11:47	71	10	81					
Male	40-49	196	Patrick	Lee	80	98	0:46:48	66	3	69	92	1:11:59	71	9	80				
Male	40-49	197	Michael	Pear	78										97	1:35:57	74	4	78
Male	40-49	198	Mats	Soderlindh	73										101	1:37:06	73		73
Male	40-49	199	Mervin	Chua	73										102	1:37:10	73		73
Male	40-49	200	Denis	Requis	73										108	1:37:58	73		73
Male	40-49	201	Patric	Nivet	73										109	1:38:10	73		73
Male	40-49	202	Claude	Verly	73					98	1:12:41	70	3	73					
Male	40-49	203	Sunari	Kateni	73	95	0:46:05	67	6	73									
Male	40-49	204	David	Gledhill	72										115	1:39:03	72		72
Male	40-49	205	Paul	Marshall	72										118	1:39:26	72		72
Male	40-49	206	Kok Liang Patrick	Chiang	71										119	1:39:54	71		71
Male	40-49	207	Paul	Sung	71										124	1:40:43	71		71
Male	40-49	208	Steven	Gwynn-Jones	71										127	1:40:58	71		71
Male	40-49	209	Chen Yo	Loh	71					100	1:12:50	70	1	71					
Male	40-49	210	Torben	Winther	70										131	1:42:04	70		70
Male	40-49	211	Hugh	Gage	70										133	1:42:22	70		70
Male	40-49	212	Guan Bee	Yeo	70					103	1:13:27	70		70					
Male	40-49	213	Irvin	Ong	70	97	0:46:39	66	4	70									
Male	40-49	214	Charles	Reed	69										135	1:42:29	69		69
Male	40-49	215	Chee Wah	Lee	69										137	1:43:20	69		69
Male	40-49	216	Chern Chou	Yeow	69					105	1:13:42	69		69					
Male	40-49	217	David	Joseph	69					108	1:14:24	69		69					
Male	40-49	218	Shung Seng	Dunn	68										141	1:44:16	68		68
Male	40-49	219	John	Patava	68										142	1:44:21	68		68
Male	40-49	220	Mohd Azhar	Jamak	68										145	1:45:03	68		68
Male	40-49	221	Christopher	Marshall	68										146	1:45:04	68		68
Male	40-49	222	Graham	Owens	68										148	1:45:21	68		68
Male	40-49	223	Cheow How	Tan	68	99	0:46:54	66	2	68									
Male	40-49	224	Chong-Han	Boo	68	101	0:46:56	66		66	109	1:14:36	68		68				
Male	40-49	225	Heath	Beazley	68					110	1:14:42	68		68					
Male	40-49	226	Koon Leong	Goh	68					114	1:15:26	68		68					
Male	40-49	227	Rutger-Jan	Oudejans	68					113	1:14:58	68		68					
Male	40-49	228	Christopher	Ivinson	67										151	1:46:00	67		67
Male	40-49	229	Siew Chuan	Phoon	67										153	1:46:16	67		67
Male	40-49	230	Hussian	Hassan Ali	67										154	1:46:30	67		67
Male	40-49	231	Jose	Alberto	67										155	1:46:34	67		67
Male	40-49	232	Mohamed Farik	Omar	67					116	1:16:11	67		67					
Male	40-49	233	Joseph	Kung	66	103	0:47:02	66		66									
Male	40-49	234	Katsuji	Murakami	65										161	1:49:36	65		65
Male	40-49	235	David	Curran	65	106	0:47:28	65		65									

Category			First Name	Last Name	POINTS	Aquathlon					Duathlon					Triathlon				
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Male	40-49	236	Khoon Seah	Chua	65	107	0:47:32	65	65											
Male	40-49	237	Peter	Maccallum	65	124	0:50:07	61	61	119	1:18:16	65	65							
Male	40-49	238	Kenneth	Faulds	64									162	1:50:40	64		64		
Male	40-49	239	Ling Choong	Chee	64									165	1:51:09	64		64		
Male	40-49	240	David	Stephenson	64					124	1:19:50	64	64							
Male	40-49	241	Kok Liang, Patrick	Chiang	64	111	0:48:25	64	64											
Male	40-49	242	Pramod	Balakrishnan	64					123	1:19:14	64	64							
Male	40-49	243	Steven Jerome	Krebsbach	64	109	0:48:11	64	64											
Male	40-49	244	Andrew	Loh	63	115	0:48:56	63	63											
Male	40-49	245	Michael	Orefice	63	113	0:48:49	63	63											
Male	40-49	246	Niels	De Boer	63	123	0:50:06	62	62	127	1:20:50	63	63							
Male	40-49	247	Yew Fai	Wan	63					126	1:20:35	63	63							
Male	40-49	248	Chin Khang	Chuah	62									168	1:53:58	62		62		
Male	40-49	249	Rudy	Poa	62									171	1:54:19	62		62		
Male	40-49	250	Francis	Yee	62									172	1:54:32	62		62		
Male	40-49	251	Shaun Peter	Bramham	62									174	1:55:12	62		62		
Male	40-49	252	Cher Kuan	Lo	62					131	1:22:28	62	62							
Male	40-49	253	Kary Lim Eng Kee	Lim	62	122	0:49:58	62	62											
Male	40-49	254	Shing Howe	Cheam	62	119	0:49:50	62	62											
Male	40-49	255	Stephen	Bylo	62	142	0:55:06	56	56	132	1:22:48	62	62							
Male	40-49	256	Seng Keong	Phang	61									175	1:56:15	61		61		
Male	40-49	257	Choo Thing	Chua	61									176	1:57:16	61		61		
Male	40-49	258	Adrian	Porter	61	128	0:50:44	61	61											
Male	40-49	259	Seh Cheng	Ang	61	125	0:50:29	61	61											
Male	40-49	260	Win Hong	Mah	61	127	0:50:37	61	61											
Male	40-49	261	Zainal Abidin	Shukor	60									177	1:57:46	60		60		
Male	40-49	262	Noel	Lagdamen	60									179	1:58:25	60		60		
Male	40-49	263	Choon Seng	Chan	60	132	0:51:25	60	60											
Male	40-49	264	Phang	Kong Fo	60	131	0:51:04	60	60											
Male	40-49	265	Kian Boon	Chua	59									180	1:59:52	59		59		
Male	40-49	266	Reza Theodore	Kandou	59									181	2:00:44	59		59		
Male	40-49	267	Keni	Kamaludin	59									182	2:00:50	59		59		
Male	40-49	268	Chee Wah	Koh	59					135	1:26:12	59	59							
Male	40-49	269	Sze Sen	Low	59	135	0:52:30	59	59											
Male	40-49	270	Vittavat	Tantivess	58									183	2:02:04	58		58		
Male	40-49	271	Way Meng	Chong	58									184	2:02:26	58		58		
Male	40-49	272	Anil James Nathan	Shukla	58									185	2:02:37	58		58		
Male	40-49	273	Anthony	Press	58	137	0:53:16	58	58											
Male	40-49	274	Wei Hong Daniel	Yong	58	138	0:53:16	58	58											
Male	40-49	275	Mark Tan	Chin Yong	57									186	2:04:52	57		57		
Male	40-49	276	Adrian	Daniels	56					139	1:30:43	56	56							
Male	40-49	277	Yani Bin Mohamed Nor	Mohamed Nor	56	143	0:55:23	56	56											
Male	40-49	278	Ah Seng	Neo	55					140	1:32:53	55	55							
Male	40-49	279	Krishnamoorthy	Ramoo	54									189	2:11:43	54		54		
Male	40-49	280	Chee Siong	Chua	54									190	2:12:10	54		54		
Male	40-49	281	Clement	Ong	54	145	0:56:57	54	54											
Male	40-49	282	Neng See	Yap	54					141	1:33:50	54	54							

Category			First Name	Last Name	POINTS	Aquathlon				Duathlon				Triathlon					
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank
Male	40-49	283	Yeoh Guan Beng	Yeoh	53	148	0:58:20	53		53									
Male	40-49	284	Freddy	Wee	51	150	1:00:30	51		51									
Male	40-49	285	Siow Wei	Ong	48	151	1:03:46	48		48									

Category			First Name	Last Name	POINTS	Aquathlon					Duathlon					Triathlon				
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Male	50+	1	Malcolm	Elley	400	1	0:34:48	100	100	200					1	1:19:04	100	100	200	
Male	50+	2	Michael	Lyons	394	2	0:37:39	92	99	191	1	0:59:12	100	100	200	2	1:23:12	95	99	194
Male	50+	3	Stuart	Nichols	374	7	0:42:27	82	94	176	3	1:07:16	88	98	186	3	1:27:38	90	98	188
Male	50+	4	Ranjith	Wijayaratna	353	18	0:47:54	73	83	156	4	1:10:34	84	97	181	10	1:38:08	81	91	172
Male	50+	5	Michael	Mehaffey	349	9	0:43:21	80	92	172	12	1:15:43	78	89	167	8	1:33:56	84	93	177
Male	50+	6	Jeffrey	Milne	341	20	0:49:32	70	81	151	11	1:15:26	78	90	168	9	1:37:58	81	92	173
Male	50+	7	Mauricio	Luz	340	8	0:43:11	81	93	174					13	1:41:21	78	88	166	
Male	50+	8	Stephen	Barnes	334	12	0:45:26	77	89	166					12	1:39:54	79	89	168	
Male	50+	9	Gen	Yasuda	333	15	0:46:23	75	86	161	10	1:15:12	79	91	170	15	1:43:09	77	86	163
Male	50+	10	Saripin Samingan	Saripin	331	22	0:54:36	64	79	143	9	1:14:24	80	92	172	17	1:45:35	75	84	159
Male	50+	11	Keng Nee	Chan	327	10	0:43:48	79	91	170					18	1:46:40	74	83	157	
Male	50+	12	Ravindran	Retnam	309	21	0:51:57	67	80	147	14	1:19:52	74	87	161	22	1:54:35	69	79	148
Male	50+	13	Chee Meng	Lum	276	23	0:55:32	63	78	141					25	2:14:34	59	76	135	
Male	50+	14	Ser Meng	Tan	270	26	1:04:11	54	75	129					23	2:06:03	63	78	141	
Male	50+	15	Colin	Ryan	194						2	1:02:10	95	99	194					
Male	50+	16	Koju	Okano	188	3	0:38:32	90	98	188										
Male	50+	17	Volker	Miss	185										4	1:29:50	88	97	185	
Male	50+	18	Mark	Speciale	185	4	0:39:26	88	97	185										
Male	50+	19	Say Chong	Koh	182										5	1:31:56	86	96	182	
Male	50+	20	Geoffrey	Whitehead	181										6	1:32:27	86	95	181	
Male	50+	21	Sean	Rooney	180	5	0:41:17	84	96	180										
Male	50+	22	Martin Thomas	Allain	179						5	1:10:54	83	96	179					
Male	50+	23	Michel	Beaugier	178										7	1:33:46	84	94	178	
Male	50+	24	Richard	Mcfetridge	178	6	0:42:01	83	95	178	6	1:12:33	82	95	177					
Male	50+	25	Soon Hin	Tay	174						7	1:14:08	80	94	174					
Male	50+	26	Yiu Beng	Teng	173						8	1:14:08	80	93	173					
Male	50+	27	Michael Charles	Ellis	170										11	1:38:34	80	90	170	
Male	50+	28	Puay Hwee	Lim	167	11	0:45:16	77	90	167										
Male	50+	29	Nasser	Mansor	166						13	1:16:01	78	88	166					
Male	50+	30	Jahari	Omar	165										14	1:41:52	78	87	165	
Male	50+	31	Colin	Alexander	165	13	0:45:26	77	88	165										
Male	50+	32	Neo Ah Seng	Neo	163	14	0:45:53	76	87	163										
Male	50+	33	Jahari	Omar	161										16	1:44:38	76	85	161	
Male	50+	34	Kuen Wai	Teong	159						15	1:21:31	73	86	159					
Male	50+	35	Richard	Vargo	159	16	0:46:59	74	85	159										
Male	50+	36	Joe	Omar	157	17	0:47:48	73	84	157										
Male	50+	37	Pieter	Van Houten	156	24	0:56:04	62	77	139	16	1:23:10	71	85	156					
Male	50+	38	Ong Yew San Leslie	Ong	155										19	1:48:57	73	82	155	
Male	50+	39	Siew Meng Steven	Lee	154						17	1:24:01	70	84	154					
Male	50+	40	Rainer	Tenius	153										20	1:49:13	72	81	153	
Male	50+	41	Graham	Bennett	153	19	0:48:42	71	82	153										
Male	50+	42	Stephen	Cunningham	153						18	1:24:18	70	83	153					
Male	50+	43	Van	Weng Koon	151						19	1:25:39	69	82	151					
Male	50+	44	Ben Soong	Lee	150										21	1:53:11	70	80	150	
Male	50+	45	Michael	Parker	148						20	1:28:15	67	81	148					
Male	50+	46	Yang Shane	Yee	139										24	2:06:50	62	77	139	
Male	50+	47	Hing Lee	Cheam	131	25	1:03:32	55	76	131										

Category			First Name	Last Name	POINTS	Aquathlon					Duathlon					Triathlon				
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Male	Team	1	Team	Johor Chinese Runne	400	1	0:32:43	100	100	200					1	1:16:28	100	100	200	
Male	Team	2	Team	Tri Amigos	352	3	0:41:27	79	98	177	7	1:11:30	77	94	171	7	1:34:56	81	94	175
Male	Team	3	Team	AIKON-WAYS	344						9	1:13:55	75	92	167	6	1:32:50	82	95	177
Male	Team	4	Team	Falcon	200						1	0:55:08	100	100	200					
Male	Team	5	Team	FTI	191										2	1:23:02	92	99	191	
Male	Team	6	Team	SMUSIM	191						2	0:59:39	92	99	191					
Male	Team	7	Team	SMURTS	187										3	1:26:15	89	98	187	
Male	Team	8	Team	Leben am Rande	187						3	1:02:11	89	98	187					
Male	Team	9	Team	Fats	185						4	1:02:55	88	97	185					
Male	Team	10	Team	Sporty Mummies	183	2	0:38:57	84	99	183										
Male	Team	11	Team	Threeyes	180										4	1:32:06	83	97	180	
Male	Team	12	Team	TEAM DAFFODILS	180						5	1:05:27	84	96	180					
Male	Team	13	Team	P.S.M	179										5	1:32:23	83	96	179	
Male	Team	14	Team	Bike Doctors Men	173										8	1:36:11	80	93	173	
Male	Team	15	Team	Verrie Kiwi	173						6	1:10:58	78	95	173					
Male	Team	16	Team	Alu2Win	172	4	0:43:39	75	97	172										
Male	Team	17	Team	Champagne Charlie	169	5	0:44:57	73	96	169										
Male	Team	18	Team	Bike Doctors Ladies	168										9	1:40:06	76	92	168	
Male	Team	19	Team	TEAM JM-KJ	168						8	1:13:36	75	93	168					
Male	Team	20	Team	NPARKS	167										10	1:41:14	76	91	167	
Male	Team	21	Team	Kok Yeang Chow	167	6	0:45:33	72	95	167										
Male	Team	22	Team	The Chancery Chicks	165										11	1:42:05	75	90	165	
Male	Team	23	Team	-	164										12	1:42:08	75	89	164	
Male	Team	24	Team	Cjp	164	7	0:46:57	70	94	164										
Male	Team	25	Team	KL APPU's	163										13	1:42:13	75	88	163	
Male	Team	26	Team	MacD	161										14	1:42:40	74	87	161	
Male	Team	27	Team	Spa-rring Partners	160										15	1:43:56	74	86	160	
Male	Team	28	Team	KARAKATAU	158						10	1:22:17	67	91	158					
Male	Team	29	Team	ERH...	156						11	1:23:01	66	90	156					
Male	Team	30	Team	Not Quite Lasts	155										16	1:49:09	70	85	155	
Male	Team	31	Team	Ysquare	153	8	0:54:57	60	93	153										
Male	Team	32	Team	Falcon Strikers	150						12	1:30:30	61	89	150					
Male	Team	33	Team	Rauff And Me	150	9	0:55:56	58	92	150										
Male	Team	34	Team	V8	148										17	1:58:38	64	84	148	
Male	Team	35	Team	Swee Hong 1	145	10	1:00:32	54	91	145										
Male	Team	36	Team	TK Tigers	143										18	2:07:41	60	83	143	
Male	Team	37	Team	L&M	136						13	1:54:41	48	88	136					
Male	Team	38	Team	SIGLAP CSC	135										19	2:23:40	53	82	135	
Male	Team	39	Team	Tri Hards	131										20	2:31:28	50	81	131	
Male	Team	40	Team	Swee Hong 5	130	11	1:20:50	40	90	130										
Male	Team	41	Team	Swee Hong 2	125	12	1:29:47	36	89	125										